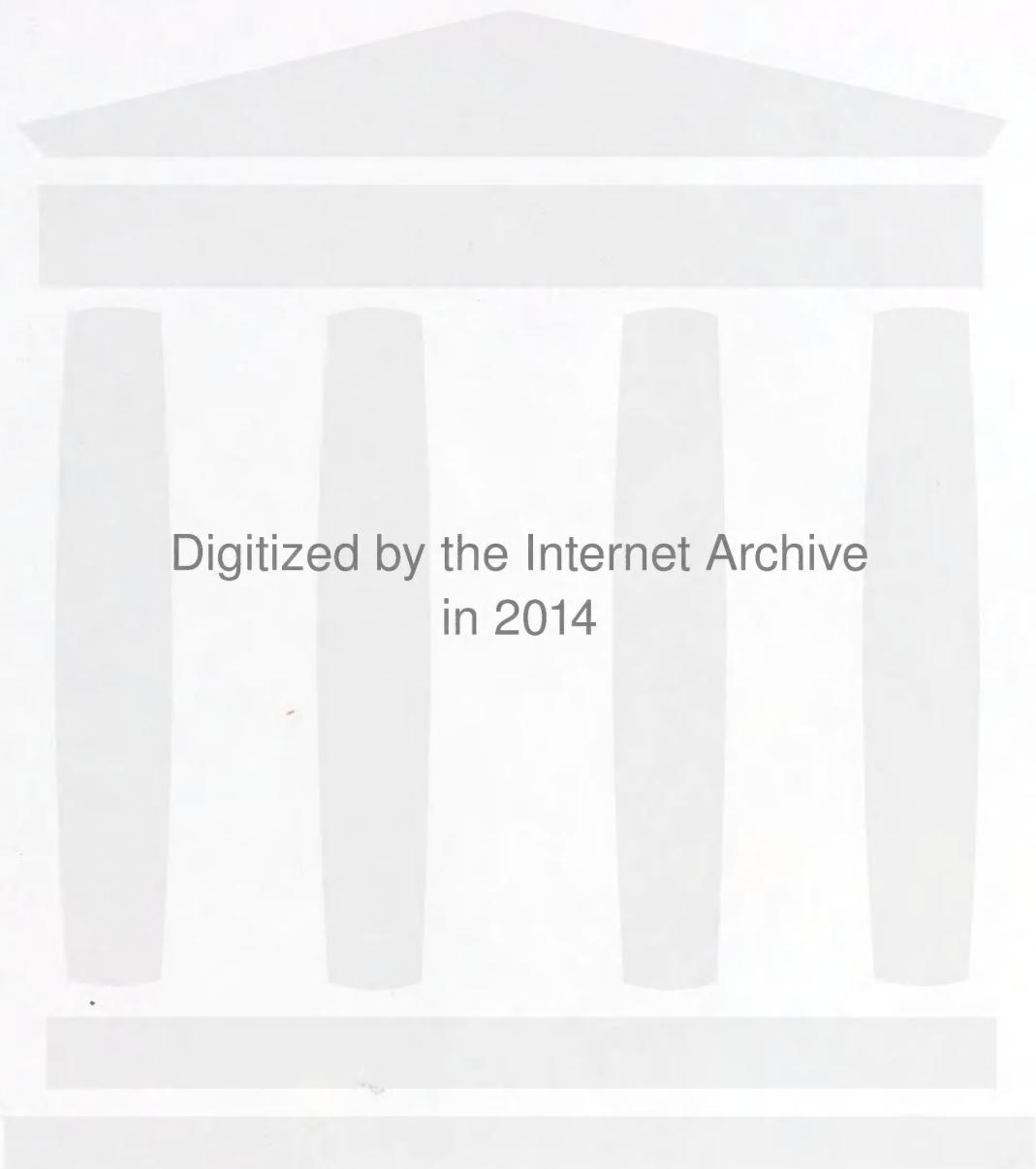


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■ Breezy beauty

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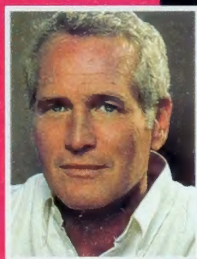
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dozens
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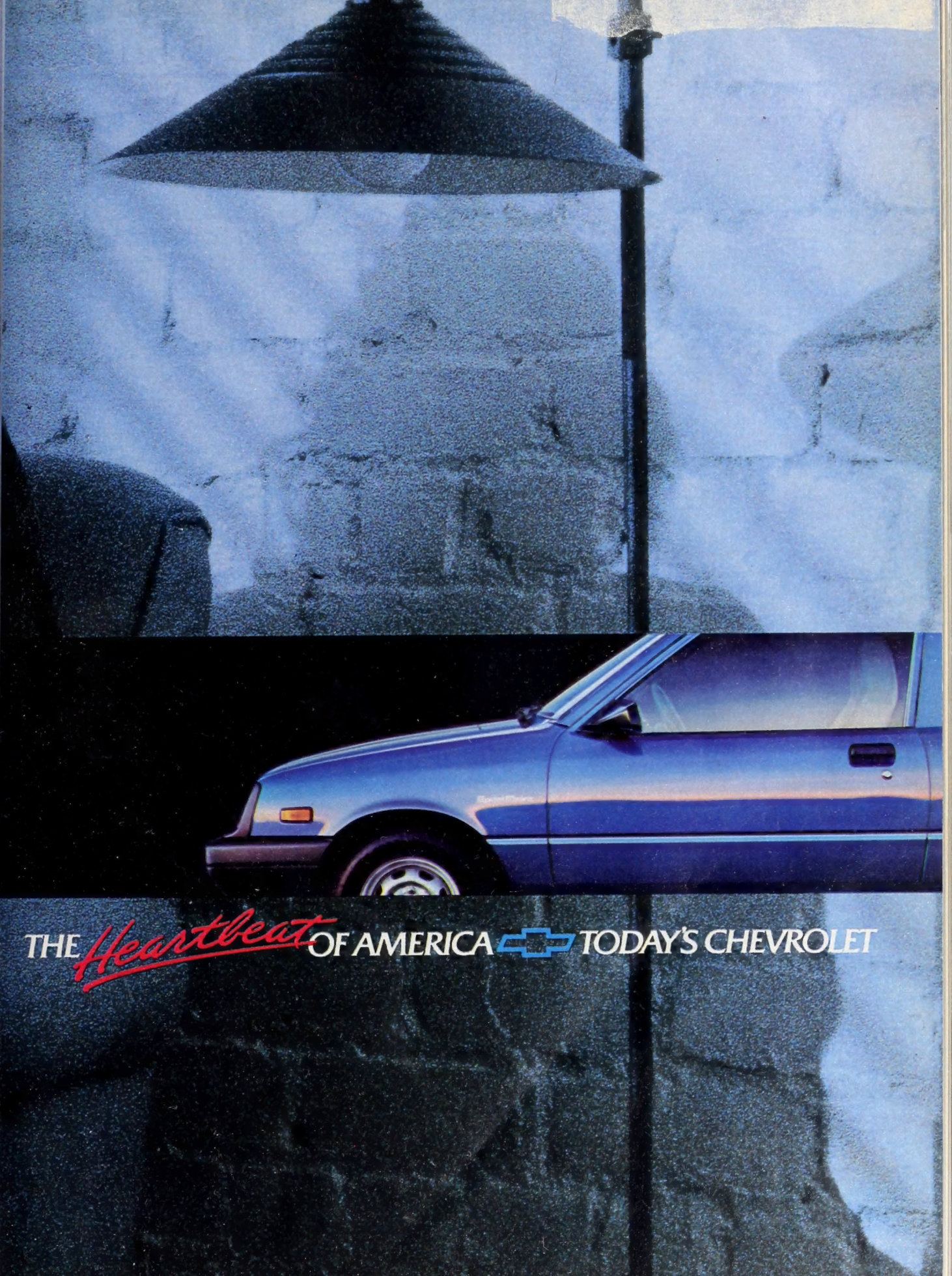
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THE *Heartbeat* OF AMERICA  TODAY'S CHEVROLET

By Myrna Blyth



Winning ways



Jack Rehm, President of Meredith Corporation, presents Editor-in-Chief Myrna Blyth with the New York Women in Communications Matrix Award. Right: Editor-at-Large Sondra Enos

WHAT'S HAPPENING AT LHM NEW HONORS, NEW SURVEY



The survey was written and will be analyzed by Dr. Clive Enos and Sondra Forsyth Enos. Sondra is someone who believes dreams should come true. An editor, a writer—she also wrote this month's "One mother's story" on page 52—and a ballerina, triple-threat Sondra has just written a book for would-be magazine writers called *Breaking Into Article Writing*. It's published by The Writer, Inc., in Boston, and is available by mail and at bookstores.

Hope you enjoy this summery issue and have a sunny July!

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Ladies' Home Journal ® (ISSN 0023 7124) July 1988, Vol. CV, No. 7. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. \$19.95; Canada, 1 yr. \$27.95; all other countries, \$27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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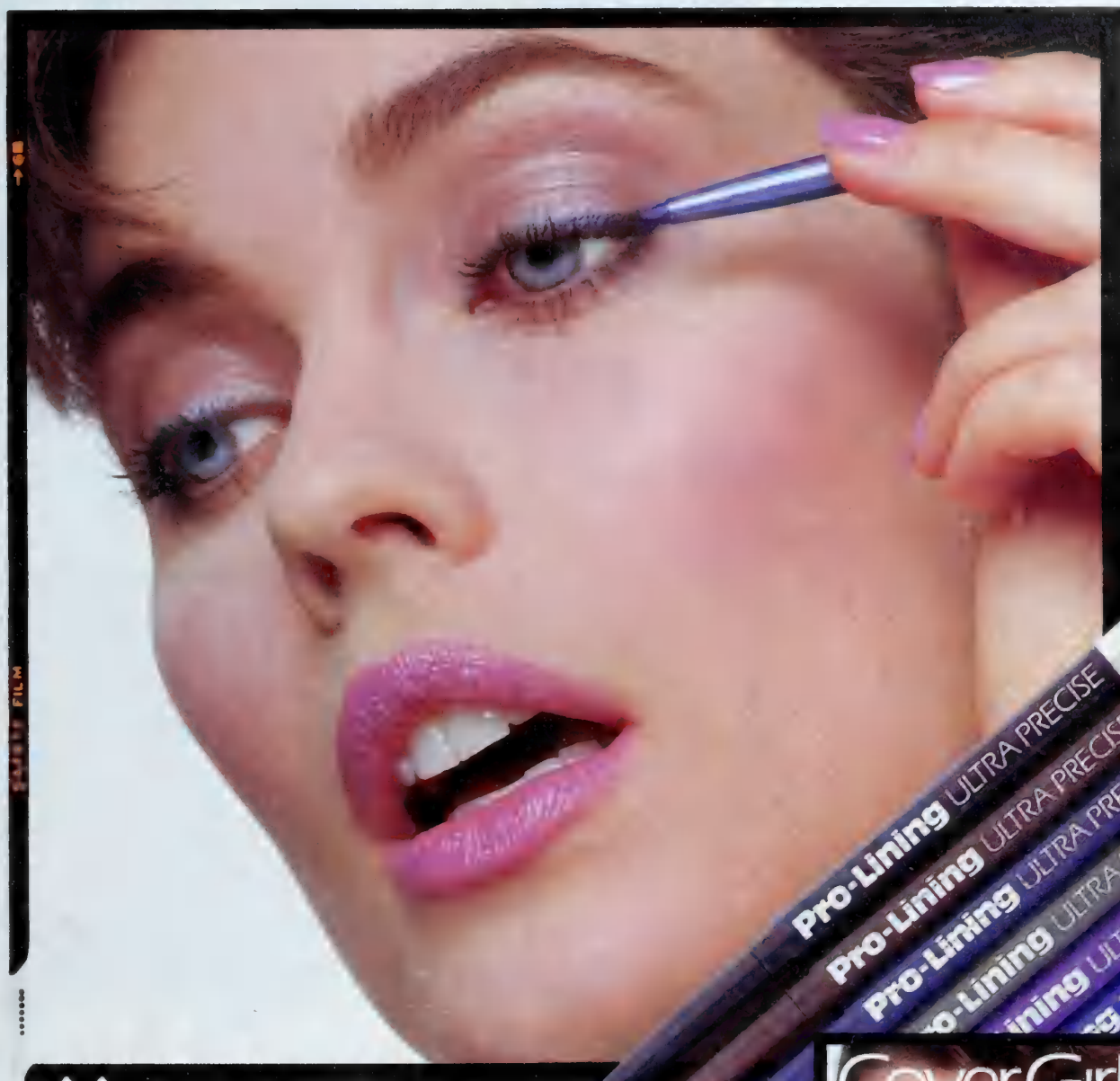
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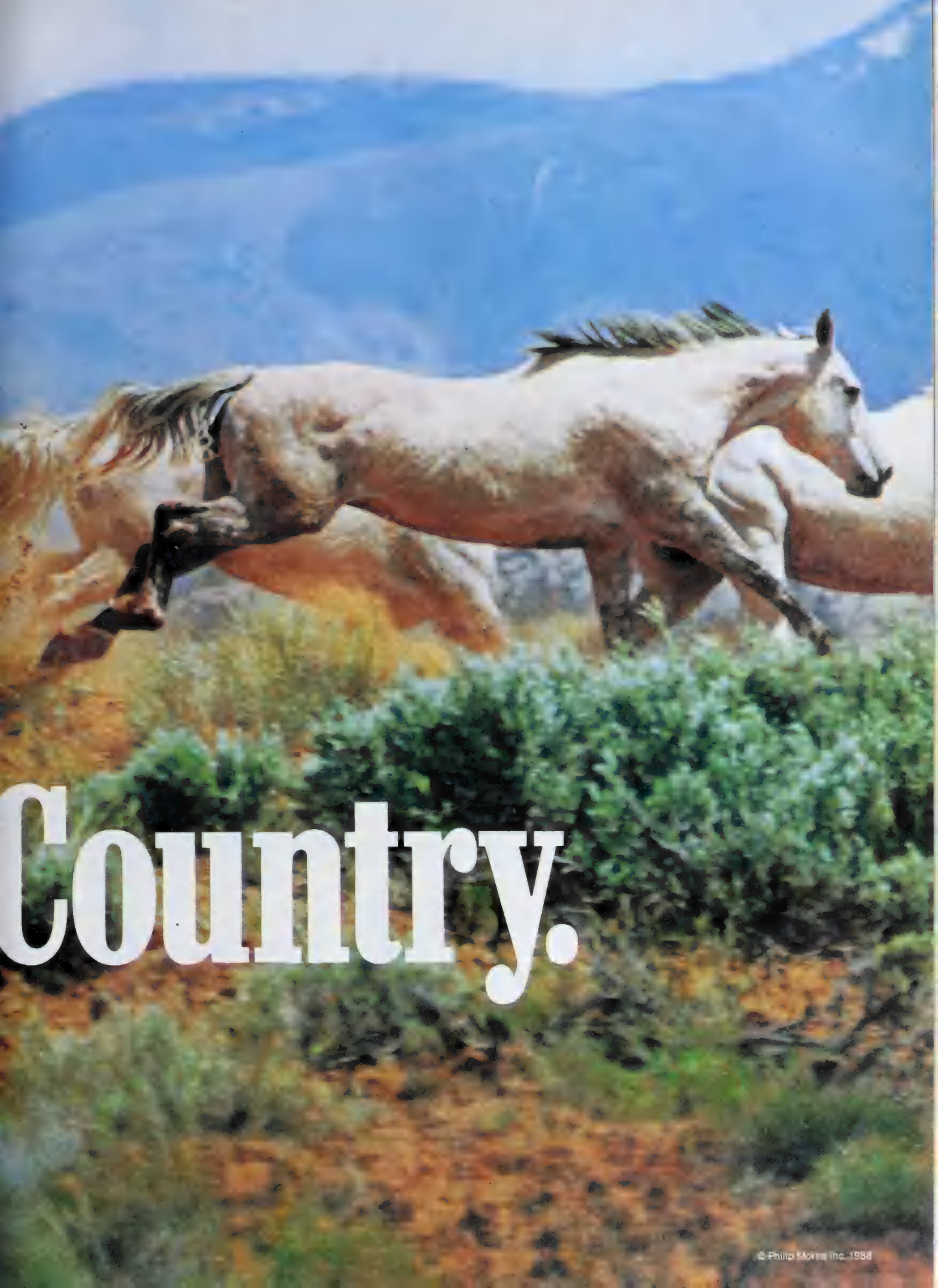


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LADIES' HOME

Journal®

VOL. CV NO. 7

JULY 1984

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A brilliant new way to care for your precious silver.



INTRODUCING JHIRMACK SILVER SHAMPOO AND CONDITIONER. TO MAKE GRAY HAIR GORGEOUS.

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Salon secrets for salon results... at home.

60 seconds of health

by Dr. Jerry B. Johnson

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By now, you're probably aware that most women need to supplement their diet with calcium to help keep bone healthy. Also be aware you should be choosy about which one you pick!

Many brands are packaged to look like CALTRATE,[®] the best known calcium supplement. But independent laboratory tests proved CALTRATE dissolves fast for

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Next time you need a laxative, get the one with more benefits for your body.

Look for FiberCon.

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You don't have to cut out your favorite foods
to cut down your cholesterol.

Take away any one of their favorite dishes, like fried chicken, and your family would really squawk.

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Make Mazola® corn oil and Mazola® margarine part of your total dietary plan, which



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We just can't talk to each other

By Ellen Switzer



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Ellen Deckoff, M.S.W., a social worker in private practice in New York City. The story reported here is true, although names and other details have been changed to conceal identities.

Sandra's turn

"I WAS PROBABLY THE LAST KID IN my class to stop believing in Santa Claus," said thirty-nine-year-old Sandra, an overweight woman with large brown eyes and blond hair. "I must still believe in fairy tales; after all, I've been married for two years to a man I met through the personals column of a newspaper!"

"Looking back, I can see. I always thought that somehow, somewhere, there was a magical solution to all my problems. My home life was pretty messed up. Mother spent a good deal of time in bed, suffering, we learned later, from clinical depression. She tried to take care of me, but she just couldn't. Father was a successful

businessman who was hardly ever home, so I was pretty much alone, watching movies and dreaming that someday I'd be the heroine of some romantic adventure.

"Though I hardly dated in high

school, as soon as I graduated, I married the first man who showed any interest in me. My husband turned out to be lazy and selfish, and when he was upset, he'd slap me. That marriage lasted nine months.

"Since I didn't want to live with my parents again, I moved in with a friend and found a job at an elegant boutique. I was rather good at it. And I had a great time pretending I was going to all the fancy parties my rich customers were going to.

"After watching me spend night after night in front of the TV, my roommate suggested I take a course at the local Y. I picked pottery because the time was convenient, and—again to my surprise—I found I had a real talent for ceramics. When I brought one of my vases to the store, my boss even offered to sell some of my pieces there. Eventually, one of my customers, the gift buyer for a large department-store chain, arranged to have her store sell my stuff, too.

"I was pleased about that, but I still had no social life. Then one night my roommate pointed out an intriguing ad in the personals section of our city magazine. It read: 'Tall, dark entrepreneur with loving, romantic streak wants to meet slender blond who loves poetry and long walks in the woods.'

Even though I was overweight and had brown hair then . . . and even though I hadn't opened a book of poetry since high school and would never walk if I could ride, the guy sounded so nice I thought I could somehow turn myself into his kind of

woman. What did I have to lose?

"So I wrote back—and then went on a crash diet and dyed my hair blond.

"Joe called the following week, and we made a date to meet for dinner. Just so we'd (continued on page 14)

Though married for two years, Sandra and Joe were still strangers. Before they could learn to love each other, they had to learn to like themselves

FRUIT OF THE LOOM® PANTIES. **IT NEVER FELT SO BEAUTIFUL.**

*Fruit of the Loom panties fit beautifully—
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So, for the beautiful fit, pick the Fruit.
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We fit America



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The 1988½ Escort Wagon just keeps looking better all the time. And so does the way it stacks up against the leading Japanese imports. Because as the chart on the right points out, Escort Wagon continues to offer you more features for less money.* And, based on '82-'87 calendar year worldwide sales and export data, Ford Escort is the world's best-selling car six years running. And that's another feature the imports can't match.

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*Based on comparably sticker-priced models; Escort includes special value package 321A and selected option items. Value package may vary. See your dealer about the package in your area.

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- Rear Window Defroster
- Tilt Steering
- Cargo Area Cover
- Cruise Control
- Power Steering

**SUBARU GL
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- Electronic Digital Clock
- Tinted Glass
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- Rear Window Wiper
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- Cargo Area Cover
- Cruise Control
- Instrumentation Group

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Q Will an extra gentle laxative really work?

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■ CAN THIS MARRIAGE

continued from page 10

recognize each other, we agreed to wear red carnations. Good thing, because Joe looked about as much like the man he'd described as I looked like the woman I'd described.

"But we did seem to hit it off. Joe told me he was an entrepreneur, that he'd sold his business at a tidy profit and was now looking for new investments. When he called the next day and asked me out again, I said sure.

"Over the next few months, I realized there were other things Joe had misrepresented that first night. For starters, he'd been married before, like me, to someone who didn't love him and finally left him.

"Also, he wasn't exactly looking for new investments. His business had gone broke, and he was operating a tiny real estate office all by himself. Nor was he romantic and loving. In fact, he was pretty bitter and critical most of the time.

"So why did I agree to marry him? Maybe I was fooling myself, but Joe did have a nice sense of humor—when he was in a good mood. Most of all, he was the first person I had ever met who needed me. He had no family around, and we'd both been so lonely. It seemed like the right thing to do. So we got married at City Hall, and I moved all my things into Joe's dark, cramped apartment.

"But almost from the beginning, the marriage was difficult. Joe insisted that for his business to grow, he needed a secretary. I was elected—at no pay, mind you. I switched from making pottery, which I loved, to typing, which I hated. I'd work half days at the boutique just to bring in money, then go home to all of Joe's office work. I hated that typing, but how could I say anything? We were married, and I had to do my share to help out, right?

"What hurt the most, though, was that Joe wasn't even grateful. He'd criticize my letters, saying they didn't look professional enough. If I tried to talk to him—about work or *anything*—he'd cut me off. Most of the time we just sort of existed.

"I did manage to do well in one area: I was a big hit with the customers, and I actually negotiated the deal on several houses. Was Joe pleased? No. He told me I was pushy. I think that's when it dawned on me that this marriage was never going to work. It was clear he didn't love me; he was just using me. I started looking for a way out.

"Then one afternoon, I came home to find Joe sitting on the couch staring into space. It turned out that some very promising deal had fallen apart.

We hadn't told him he was working on it, he said, because he had wanted to surprise me, to prove he was a somebody. Then he burst into tears.

"Joe had always put on such a macho act that his crying threw me. Suddenly I realized I didn't want to leave. That night was the first time Joe and I talked about something other than superficial things. I thought that if we could both learn to be honest with each other, maybe we had a chance.

"Look, I know Joe is no knight in shining armor. Also, he's terrified to come here. But I do think he loves me, and nobody else ever has. We just can't seem to find each other."

Joe's turn

"I know plenty of people think putting an ad in a magazine is a joke. For me, it was an act of desperation," said Joe, a paunchy forty-six-year-old.

"That ad cost three hundred dollars almost all the money I had for that week, but it seemed like my only chance to find someone who would help make my life less miserable.

"I read all the other ads, and everybody sounded like Don Johnson. Or Donald Trump. So I figured I'd exaggerate a bit, too. What woman would answer an ad that said 'overweight failure looking for woman to save him'?"

"You know what? I can't remember any time in my life when I was happy. My father was an ill-tempered, angry man who regularly told me and my younger brother we were no good and would never amount to anything. He never had one kind word for my mother either. She's in a nursing home with a stroke she suffered three years ago.

"Dad trusted nobody. 'Everyone' out for what they can get,' he'd bellow. 'If you don't get involved with anybody, they can't take advantage of you.' So of course, the family had no friends. My brother and I weren't even allowed to bring any kids home from school to play.

"When I was eighteen, I left home and never went back. These days, I visit Mom once in a while, but I avoid Dad at all costs. We haven't spoken in years. My brother was smart. He moved all the way across the country and we never hear from him.

"Somehow, I got this thing in my head to be rich. Dad always said money was the only way to get any respect. Besides, I wanted to prove to him—and to myself—that I could be somebody.

"I was too impatient to go to college, so I took a job right out of high school as a messenger for a real estate office. I couldn't wait to open my own business.

"Well, I did okay, but I was in such a hurry, and now I see (continued)

Look into her eyes.



You'll see a winner.

Introducing the *Eyes of the '80s*. The eyes that took first prize in the Bausch & Lomb/ *Ladies' Home Journal* contest for America's most beautiful eyes.

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■ CAN THIS MARRIAGE

continued

that I went out on my own too soon. I took a real estate course and passed, but I had only a total of three years' experience, and I didn't know what I was doing. That was my first mistake.

"The second was marrying this woman I didn't love. She seemed to care about me, but when the market got rocky, she left and I never heard from her again.

"My business never did great, but it *was* growing. Until I made a classic mistake: Counting on a deal that never came through, I tried to expand. I got some fancy new space, added staff and then—bam—I had to declare bankruptcy. The woman I had been living with also left me.

"At the time I ran the personal ad, I was working by myself from home, trying to rebuild from scratch. Sandra was the only person who answered.

"She was certainly not my dream woman, but she *was* fun, and soon we were seeing a lot of each other. Still, I was reluctant to tell her too much about myself. After all, if she knew I was a failure, she'd drop me like all the others. Sandra never seemed to doubt me. I proposed, and to my surprise, she accepted.

"Soon after we were settled, it became clear that if I was ever going to get anywhere, I needed a secretary. I couldn't afford to pay anyone, so I persuaded Sandra to give up her pottery and work for me. She was a terrible secretary, but she had pizzazz, which the clients liked.

"I was working hard to develop a piece of property on the outskirts of the city. It was a tough deal, and I was pretty uptight about it, but I never mentioned anything to Sandra. I wanted to bring home that big check. But at the last minute, my client got cold feet. And my whole world caved in again.

"I couldn't help it; I just lost it. But unlike everyone else in my life, Sandra didn't walk away. She told me that no matter what was wrong, we'd manage to get through it together.

"I was really touched, but you know, Sandra deserves better. I'm not comfortable talking about myself, and I'm afraid of this counseling. I'm sure it's Sandra's first step toward leaving me."

The counselor's turn

"Joe and Sandra were one of my most difficult couples," said the counselor. "From the start, their relationship had been based on falsehoods, and they obviously were clinging to each other

like sailors on a life raft. Their marriage would never be happy unless they approached it as equal, self-confident partners—together because they wanted to be, not because they feared being alone.

"However, Joe and Sandra did have several factors going for them and many things in common. Though they both described themselves as losers, each had struggled, and to a certain extent succeeded, against difficult odds. One of my first steps was to help them realize that the qualities they had used to escape their unhappiness could give them enough realistic optimism to fight for a better marriage.

"For instance, both Joe and Sandra had been raised in neglectful and unloving families. What's more, each had already endured one bad marriage and professional setbacks. Joe, in particular, had set impossibly high goals for himself in an effort to prove his father wrong. However, despite numerous failures, he had not given up.

"Similarly, Sandra, though she had no formal education, had established her own ceramics workshop and had a knack for the real estate business.

"Nevertheless, because of their lack of self-esteem, each allowed potentially promising situations to slip away. Joe's father had taught him never to

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No matter how carefully you brush, some teeth don't get the attention they deserve. That's why the Pepsodent Professional is specially shaped to clean every tooth, every time—even hard to reach back teeth. With a unique 3-angled design for **maximum maneuverability**, the Pepsodent Professional makes it easy to get to those places your old toothbrush might miss.

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trust anyone, and this, coupled with his belief that nothing good would ever happen to him, forced him to push everyone, particularly women, to the limit. When he met the wrong woman—his old girlfriends and his first wife—he considered it a confirmation of his own mediocrity.

"And since Joe desperately needed to convince himself that people cared, unconsciously he kept raising the stakes. The more anyone did for him, the more he expected. His insecurity also made it impossible for him to praise others. Indeed, when Sandra prospered, he panicked, since he assumed it was only a matter of time before she left him, too. It took a disaster for Joe to drop his armor.

"On the other hand, Sandra was so terrified she would lose Joe she allowed herself to be used as a doormat, agreeing to give up her business and take on work she hated. She had to learn to assert herself and make Joe understand that just because she wanted to take charge of her own life didn't mean she didn't love him.

"To help open channels of communication, we set some short-term goals. For the first few weeks, both listed important facts they had withheld from each other and those they had fudged; then they exchanged lists. If

either didn't understand something on the other's list, they were to ask for a discussion. As a result, at least once a week they started to spend whole evenings getting to know each other.

"As their communication improved, so did their self-assurance. Joe's positive new image was reflected in some modest business improvements. He has hired a secretary, and though he may never be a tycoon, he is making a comfortable living. What's more, he is now able to take pride in his wife's abilities without feeling threatened by her success. Sandra continues to handle an occasional real estate client, but she has been devoting most of her time to expanding her pottery business.

"Once they had a more realistic idea of what the other person wanted and needed, we discussed how their agendas might mesh. It turned out that Joe and Sandra had almost no acquaintances—let alone friends—in common, and as a result, they had no social life. Any couple that spend one hundred percent of their time alone together will intensify any problems that exist. After some discussion, they decided to take a music appreciation course at the Y, and they have since met several interesting couples.

"I also pointed out that their lifestyle was quite unhealthy. They sub-

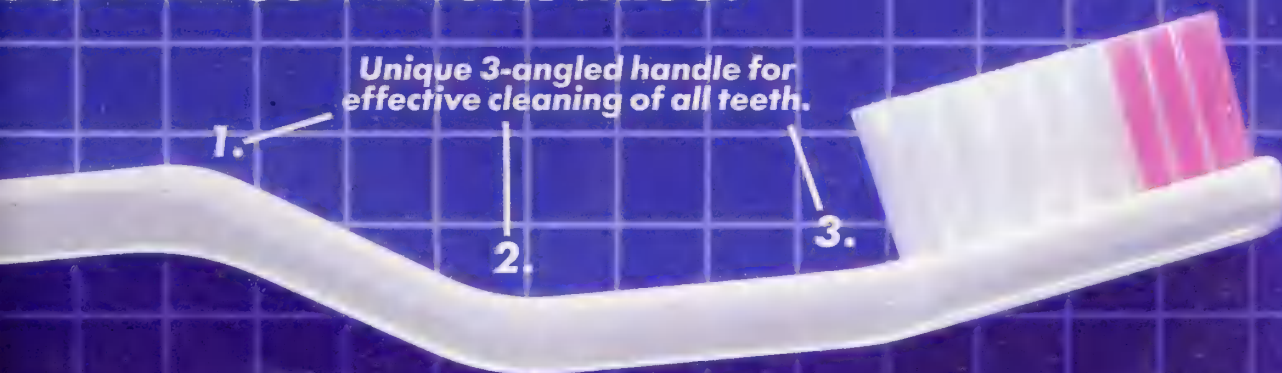
sisted on take-home junk food. Neither paid much attention to the home environment either; their apartment was almost as gloomy as their life stories. With my prodding, they agreed to buy some cookbooks and fix their evening meal together, beginning with simple, nutritious, low-calorie foods. Joe discovered that he was a very good cook, and soon preparing dinners became another activity they enjoyed together. Inspired by some weight loss, they both signed up for exercise classes.

"As it turned out, Sandra's artistic abilities lent themselves to decorating. They now spend weekends going antiquing, and they've repainted their apartment in bright colors. Proud of their new home, they've even begun to entertain some of their new friends.

"At one point, Joe and Sandra discussed having a child but decided they might be too old—and still had too many problems—to start a family. However, Sandra spends one evening a week as a Brownie Scout leader.

"These days it's difficult to recognize the Sandra and Joe of the old days. Instead of the hangdog, overweight, spiritless couple I first met, I now see two people who are enjoying life together, sure of themselves and each other and looking forward to many more years of a happy marriage." ■

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One step at a time

By Elena J. Hanuse

"You really do want to walk across the country, don't you," said Alex.

"I've always wanted to do it," I told him.

"We could drive it," he pointed out.

"It's not the same," I said. "I want to see the heart of America."

To my surprise, Alex had already started planning the route. We agreed that I would start my walk in January, with four months to train. We also decided that he and Bucky would come along. We'd buy a camper that Alex would drive during the day and we'd both sleep in at night.

As a fifty-three-year-old grandmother, I took on my greatest challenge—I walked across America

Alex would prepare my itinerary, then meet me after I had walked my daily quota of miles with Bucky.

To prepare for the journey, I walked

about nine miles every day near our home in Santa Rosa, California. Next, I decided to conquer a twelve-and-a-half-mile road that had two extremely steep hills.

After three exhausting months of training on that road, I was finally able to walk it without stopping. I wanted to shout for joy, for I was now truly ready to begin my journey.

I told my sons, Gary, thirty-one, and Guy, twenty-nine, about my trip. They were totally surprised—but supportive. "Mom, if anybody can do it, you can," Guy told me. "Go for it!"

So on the first day of my trip, I stood on the Golden Gate Bridge, saying good-bye to my friends and family. Then, with Buck at my heels, I started off. Only 3,900 miles to go!

My plan was to walk mainly on back roads (continued on page 23)

On January 4, 1984, I left the Golden Gate Bridge in San Francisco with my dog, Bucky, a happy-go-lucky Doberman, to begin the longest walk we'd ever taken. Our journey didn't end until we reached the Statue of Liberty on July 4, 1985—3,900 miles and eighteen pairs of sneakers later.

This walk across the country was a dream I'd had since I was six years old, when my mother had taken me to the opening ceremonies of the Golden Gate Bridge. She'd pointed toward the ocean, saying, "Out there, Elena, lies the world." But I'd faced the other way, toward America. That was the first time I dreamed of walking across it.

For the next forty-six years, I was too busy to pursue my dream. I raised my two sons (mostly by myself, since I was divorced) and established myself as an educator and later as a real estate investor and developer.

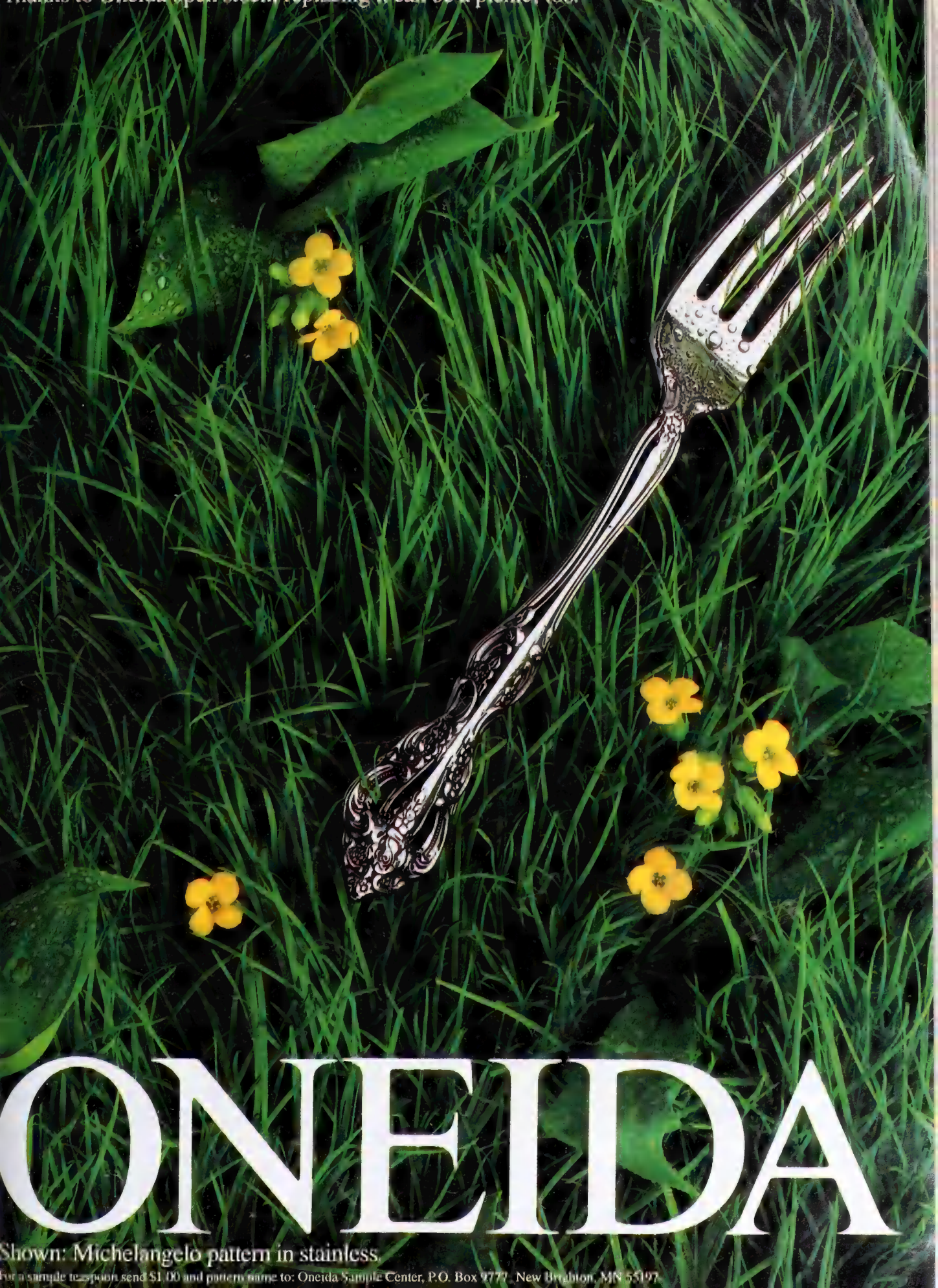
Just a few weeks after I married my second husband, Alex, in October 1980, I shared my dream with him. He didn't laugh. In fact, he began to evaluate just how serious I really was. He tested my physical aptitude by jogging with me around the block. I could barely walk a mile, let alone run it, but

Alex encouraged me. Eventually, I succeeded in walking one mile without stopping. Six months later, I could walk nine miles nonstop!



Traveling companions:
The author and her dog, Bucky, take a short break during their eighteen-month cross-country walk

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ONEIDA

Shown: Michelangelo pattern in stainless.

For a sample teaspoon send \$1.00 and pattern name to: Oneida Sample Center, P.O. Box 9777, New Brighton, MN 55197.

How many gray hairs are you going to pluck before you face up to the problem?

Are you going to let yourself go gray? Are you ready

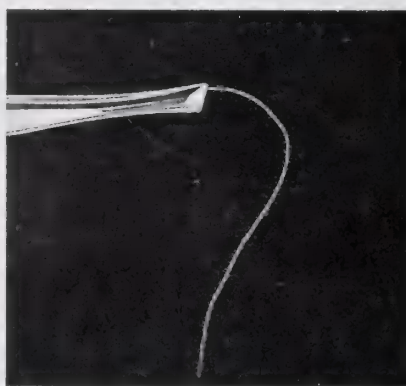
new lipstick.

But there's haircoloring and haircoloring.

Did you know there's one that's as gentle to the hair as a shampoo? It's called Loving Care®, it's made by Clairol, and it's perfect for covering gray.

Pluck. Pluck Pluck. Pluck Pluck Pluck Pluck.

Isn't it time to change the way you deal with gray?



to adjust to that new gray image of yourself? Or will you decide to keep looking young and attractive, with hair that sends out a message of health, beauty and vigor?

It's not a decision to be taken lightly, we know. Deciding to use haircoloring is not the same as choosing a

Loving Care bathes each strand of hair with beautiful, natural-looking color. (With 23 shades to choose from, it's easy to match your own natural color.) It washes out gradually in about six shampoos. It stays

natural-looking, too; there
are no "roots."

Since there's no peroxide
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give your hair body, gloss
and a healthy look.

Before you pluck another
gray hair, stop and think.
Nature is forcing you to make

a decision. Which will it be:
gray hair or Loving Care?



Gray hair
or Loving Care.





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**Get to sleep
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DOSAGE: **1** TABLET

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A WOMAN TODAY

continued from page 18

and two-lane highways through small towns so I could really see the country. Eight days and six blisters after leaving San Francisco, we arrived in Santa Cruz, California. I was amazed to discover that Bucky and I had already walked eighty-two miles.

Two days later, my endurance—and my courage—were put to the test. I was walking along a road in California known locally as Blood Alley. The owner of a coffee shop explained that trailer trucks barreled along the narrow road at high speeds trying to make up time and that the fog would get so thick that you couldn't see a thing. Many people had been killed there.

After that daunting description, I set out again. I soon understood what the coffee shop owner had meant—Blood Alley cut through a mountain range, climbing straight up until it disappeared into the fog; there were no guard rails to protect us from falling off the road. The winds up there slammed into Bucky and me with such force that I spent a lot of time crouching to keep from being blown over. And the constant stream of trailer trucks roaring by created so much turbulence that sometimes I actually had to crawl on my knees to make any headway. By the end of that day, I was totally exhausted.

Fortunately, the next day was much more pleasant. In the town of Los Banos, California, I was welcomed by the mayor, I was invited to speak in several schools, and the editor of the local paper wrote a story about me. The enthusiasm these people showed about my trip fueled my determination to keep walking.

Then, one evening while Alex was preparing dinner, he abruptly headed to the bathroom. I heard the sound of vomiting. When I saw the inside of the bathroom, I couldn't believe my eyes—blood was everywhere. I made Alex lie down, then I ran to a nearby telephone to call for an ambulance.

At the hospital I was informed that Alex had a ruptured ulcer that had hemorrhaged, causing him to lose more than 50 percent of his blood supply. The doctors weren't sure that he would live through the night.

I was terrified. That night I sat up praying that Alex would be all right. At four A.M. he was in critical but stable condition; by seven he was demanding to leave the hospital. That's when I knew he would make it.

Although Alex's ulcer had stopped bleeding, he needed a lot of rest. But he was insistent about finishing our journey. I (continued on page 162)

Why do "you-know-whose" legs look so smooth?

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Shinier,
softer,
fuller
hair
after
just one
use?

Amazing, but true.
New Advanced Formula Finesse®
Conditioner is so superior—your
hair will be shinier, softer, fuller
than ever. And more manageable,
less brittle.

The reason? TSA, a state-
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adjusts better than ever to your
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needs a little conditioning or a lot.

In home-use tests women
preferred it over fifteen of the other
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We think you will, too...
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FINESSE

Summer savvy for standout style

warm-weather solutions for long hair

THE TREND FOR TRESSES? LONG AND LUXE. BUT HEAT AND HUMIDITY CAN MAKE DOWN-TO-THERE HAIR A HASSLE. BELOW, THE NEWEST IDEAS TO GIVE LENGTHY LOCKS COOL, POLISHED APPEAL

walking-shorts chic



Shorts are everyone's summer staple, but this season they've taken a dressy turn. They're newly tailored and classy, and anyone can wear 'em. ■ Go for a length from mid-knee to two inches above the knee. ■ Fabrics to pick up on run the gamut from soft, drapery silks to crisper linen and gabardine. ■ Best-selling summer colors? Ivory, cream and white—plus bronze and black. ■ To make the look office-worthy, add a jacket and accessorize with a mock-croc leather belt, hose toned to shorts, and flats.

STYLES THAT CAMOUFLAGE FLAWS

For the slimmest look, choose a solid color, and tone shorts to top. Make less of tummy and hip bulges by choosing roomy, pleated, tailored styles with fly fronts and angled pockets. Avoid drawstrings, side closures, elastic waists, patch pockets. ■ Wise



buys for heavy thighs? Look for longer lengths, full-cut legs. Don't go for prints or side details, such as stitching or pockets.

Two great toppers for walking shorts: above, a cropped jacket, left, a knit twin set

classic ponytail revamped



The sleekest solution for straight to wavy locks: Side-part hair and brush back into a low-on-the-nape ponytail. Finish with an elegant barrette or bow. Model, Gillian of Pauline's. Details, page 170

new French twist



The coolest idea for curly or straight tresses? The eighties version of a French twist: Grab hair at the nape, then twist upward and secure with a barrette. Let ends go free or tuck in for a sophisticated look. Model, Gillian of Pauline's. Details, page 170

upgrade a braid



As neat as a ponytail but with added interest: Smooth hair into a low ponytail, and braid; secure with a covered elastic. For more chic, wrap end with a scarf. Model, Gillian of Pauline's. Details, page 170

off-the-face flair



If you want to tie hair back without losing volume and curl, scoop hair into a top-notch ponytail, and then tie with a stretch band toned to clothes. Model, Yvette of Ford's. Details, page 170



The perfect pedicure

TAKE TIME OUT TO PUT TOOTSIES IN LOOK-TWICE SHAPE WITH THIS TEN-STEP PEDICURE FROM NYC EXPERT ELISA FERRI, WHO TREATS THE TOES OF SUCH TOP CELEBS AS MADONNA, CHRISTIE BRINKLEY, JACLYN SMITH AND PAULINA

Photos, Tony Kent

Get great salon-quality results: Your pedicure will last for two weeks if you follow this easy routine.

- 1** Remove old polish: Using cotton balls soaked in a gentle nail polish remover, press against toenail to loosen polish, then sweep toward end of toe.
- 2** Clip nails straight across until even with ends of toes. Buff and shape edges until smooth. Trim hangnails with cuticle clippers.
- 3** Apply cuticle softener, then soak feet in warm, soapy water for five minutes. Gently push back cuticles with orangewood stick.
- 4** Smooth feet: Using a pumice stone or heavy-duty emery board, slough away dead skin on soles and smooth calluses.
- 5** A massage boosts circulation: Slather cream on feet, then with both hands on top of right foot make circular movements with thumbs from top of instep to toes. Repeat on left foot, then do sides of feet.
- 6** Rinse and dry feet thoroughly. Remove all traces of cream from toenails with tissue dipped in polish remover. Splash feet with astringent or cologne and allow to dry.
- 7** Insert tissues between toes to prevent polish from smearing. Then apply a coat of ridge filler or other base coat to prevent toenails from becoming stained and to help polish go on smoothly and adhere better.
- 8** Apply polish the same way as on hands—three strokes, one down the center and one on each side of nail. After three minutes, give toes another coat. Two shades to try: Electra Coral by Revlon, Too Cool Pink by Maybelline.
- 9** A top coat gives nails extra protection and sheen. Let color dry five minutes before applying top coat.
- 10** Apply baby oil or a brush-on oil-finish product to reduce drying time. Leave separators between nails for fifteen more minutes. Don't put shoes on for another hour.



Illustrations by David Croland. Hair and makeup by Deborah Howell and Eric Barnard for Cloutier.

surefire thigh minimizer

Exercise by Dorey at John Beck's Salon for Exercise, NYC. Lie on left side, head on left arm, left leg bent as shown, right leg bent in front of body.

Lift right knee until thigh is perpendicular to floor. Straighten right leg; slowly lower. Return to start. Repeat eight times; switch legs. Work up to twenty-five reps.



TOOLS OF THE TRADE

- toenail clippers
- cuticle clippers
- pumice stone
- emery boards
- orangewood stick
- cotton, cotton swabs
- nail brush
- nail polish remover
- cuticle softener
- base coat, top coat
- summery polish
- baby oil or drying oil
- astringent
- skin cream

Today, There's A Diet Pill That Helps You Lose Weight Without Being Hungry... And Without Making You Nervous.

It's Today's Caffeine-Free Dexatrim®

Now, there's dramatic news that could change the way you diet. Clinical studies* at 4 major university medical schools prove that the appetite suppressant in Dexatrim works without



"Today's Dexatrim did what no other diet could do. I lost weight without being hungry."

making you nervous or jittery, and without any stimulant side effects.

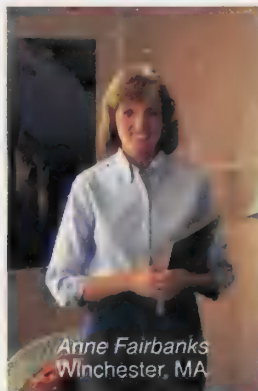
This is significant news to the millions

who need help losing weight quickly and effectively, but are concerned about possible stimulant side effects. With

today's caffeine-free Dexatrim, you don't have to worry.

What's more, Dexatrim's non-prescription appetite suppressant is the one doctors recommend most to their patients to lose weight. In fact, last year, doctors recommended it more than 220,000 times!

Just one Dexatrim works all day long—from morning to midnight†—during meals and in-between—controlling your appetite right through



"With Dexatrim, I finally lost weight without getting nervous or jittery."

your peak hunger periods. And when you're not hungry, it's easy to lose weight.

If you've tried fad diets like fiber tablets, fiber fruit drinks, diet gum and they just haven't worked, discover why last year, millions of dieters took Dexatrim and lost weight successfully. And why today, Dexatrim is America's favorite way to lose weight.

*Doctors, pharmacists or other health professionals, please write to: Thompson Medical Co., P.O. Box 5264, New York, NY 10150 for these important clinical reports.

†Extent of duration based solely on blood levels.

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over thirty? Here's your chance to be a model!

THINK YOUR FACE HAS WHAT IT TAKES? THIS IS TRULY THE CHANCE OF A LIFETIME—ENTER OUR FABULOUS CONTEST TODAY

W

e've teamed up with Dove Beauty Bar and Faces Model Management, a top New York modeling agency, for the third annual Dove Classic Model Discovery contest. Paulette Gaines, forty, the 1987 winner, has had "a thrilling year!" A mom of four with a part-time job as a window designer and buyer for a boutique in her hometown of Galena, Illinois, Paulette loves her new modeling career. She won a one-year contract with Faces Model Management, \$25,000 in cash and a \$5,000 designer wardrobe by Louis Dell'Olio for Anne Klein. (The lucky 1988 winner will receive the same terrific prizes.) How to enter? If you're thirty or over by August 31, 1988, simply submit two recent color snapshots—a head shot and a full-length photo—with two Dove Beauty Bar wrappers and, in fifty words or less, complete the statement "I have camera potential because..." Official rules and entry form are on page 171.

Liposuction Is it for you?

ALL THE FACTS FROM ALAN MATARASSO, M.D., ASSOCIATE ATTENDING SURGEON AT THE MANHATTAN EYE, EAR AND THROAT HOSPITAL AND INSTRUCTOR AT THE ALBERT EINSTEIN SCHOOL OF MEDICINE

What is it? The procedure involves vacuuming fat from the body with a narrow tube. Using local or general anesthesia, the surgeon inserts the tube beneath the skin, making inconspicuous incisions. After surgery you can generally return to work within a week. Expect bruising to last two to three weeks. (Although you can see results immediately, skin won't look natural for about a year.)

Who can have it? Ideal candidates for liposuction are healthy people with normal body configurations and isolated areas of fat—classic examples are saddlebags and fat isolated in the abdomen, both of which are usually hereditary traits. You may opt for surgery on more than one area. (Surgeons refer to liposuction on the buttocks, legs and thighs as a BLT.) The operation should be done only on people whose fat problems cannot be solved with diet and exercise. Also, liposuction is not an option if you have diabetes, a heart condition or high blood pressure, or you are pregnant.

Possible complications? The risks are low if liposuction is done properly. Some of the problems that may occur if too much fat is removed are: bleeding in tissue (which can cause bruising), permanent skin discoloration, infection, rippling of the skin, and excessive blood or fluid loss.



Liposuction can narrow and contour extra-wide hips and thighs

The best spots The thighs, abdomen, hips, buttocks and under the chin. It can also be performed on the knees and ankles.

The cost The price of surgery varies, depending on where you live and the extent of liposuction you need. Liposuction done between the knees and the waist usually ranges from \$2,000 to \$6,000. Be sure to have the procedure performed by a plastic surgeon certified by the American Board of Plastic Surgery. Choose a surgeon with plenty of experience, since liposuction is still fairly new.



SUNDOWN VS. SUN DAMAGE

The sunblock that screens out wrinkles.

Most wrinkles, dermatologists say, are caused by the sun. But you can help prevent this premature aging with new SUNDOWN® Broad Spectrum Sunblock. **How the sun causes wrinkles.** The sun emits harmful ultraviolet rays.

UVB rays cause sunburn, premature aging and other kinds of damage.



UVA rays are a cause for concern too, because they penetrate deeper into your skin. Causing it

to sag, wrinkle and also age prematurely. And most ordinary sunscreens don't effectively block these rays.

How our Advanced Anti-Aging Formula works.

SUNDOWN Broad Spectrum protects against UVB rays, but it also gives you a better block against a broader range of UVA rays. So it's a better shield against the sun's wrinkle-causing rays.

SUNDOWN Broad Spectrum Sunblocks are waterproof, PABA-free and available in SPF 15 and 25 in lotion, SPF 30 in cream.

Johnson & Johnson



INTRODUCING
SUNDOWN
BROAD SPECTRUM

Large-scale style

WE'VE GOT GREAT NEWS!

FINALLY, SIZE FOURTEEN-PLUS WO-

MEN CAN WEAR THE SAME TOP-QUALITY, UP-TO-THE-MINUTE FASHION AS SIZE EIGHTS CAN. LARGE-SIZE CLOTHES ARE SEXIER AND MORE STYLISH THAN EVER AND ARE DESIGNED TO COMPLEMENT FULL FIGURES

Fattering fashion

Many major designers—Nancy Heller, Andrea Jovine, Evan Picone, Givenchy, to name a few—have expanded their lines to include large sizes; what's more, top department stores not only carry these lines but several manufacture large sizes under their private labels. How to choose? Follow these expert shopping tips from the New York buyers at Bloomingdale's and Macy's: ■ Practically any style you like is available in your size, so forget about settling for tent shapes in dark colors only, and go for closer-to-the-body clothes. (Yes, you *can* wear chic slim skirts and fitted jackets—it's time to start making a fashion statement!)

■ The best proportions for you are long over short—a long jacket, cardigan or tunic over a short skirt or slim pants—blouson tops and drop-waist looks, as well as three-piece, solid-color knit sets. ■ The new trapeze jackets look terrific on you! Depend on shoulder pads to draw attention away from heavy hips and thighs.

■ Color is key—don't shy away from brights. Some of this season's most popular shades: red, apple green, fuchsia. ■ Accessorize with a few standout jewels—bold earrings, a chunky bangle.

TAKE A POWDER

Get long-lasting color and an up-to-the-minute matte finish: ■ Ultima II's Cheek Contouring Color, a wand with a rounded sponge applicator, and Eye Shadow Contouring Color, a double-ended wand with two shadow shades ■ From Max Factor, Powder-Stroke Blush, a powder-in-a-pencil cheek color ■ Lipcolour Superlativo by Princess Marcella Borghese is a stay-put-for-hours powder lip color



W HERE TO SHOP

Some major department stores that have large-size departments include Bloomingdale's (The Shop for Women), Macy's (Macy Woman) and Marshall Field's (Woman's Way). Look for specialty shops like Lane Bryant and the Forgotten Woman, which sell only large sizes. Three top catalogs: Spiegel, J.C. Penney, Royal Woman.

Joanne of Plus Models; details, page 170

Top, striking red and black three-piecer, a. b. s California; above, olive green skirt, top and cardigan by Andrea Jovine.

SEXY SUMMER SCENTS

The easiest, most enjoyable way to put a charge in a ho-hum summer routine? Simple! Pick up a

newsy perfume and make it your trademark. Find one that fits your personality, gives you a beauty high. A few of our favorites: Genny by Genny Moda, Gem by Van Cleef & Arpels, Panthère by Cartier, Rio by Avon, Knowing by Estée Lauder, Perry Ellis by Parfums Stern, Carolina Herrera and Paris Fleur de Parfum by YSL. Here, some scent-sational tips for summer fragrances. ■ Since heat intensifies perfumes, don't overdo it—just dab on pulse points. ■ Did you know scent rises? Try spritzing the hem of your skirt or slip, feet and ankles of pantyhose. ■ Your clothing can wear your aroma too—spray ironing board before pressing blouses; tuck a cotton ball soaked in scent in an overnight bag.



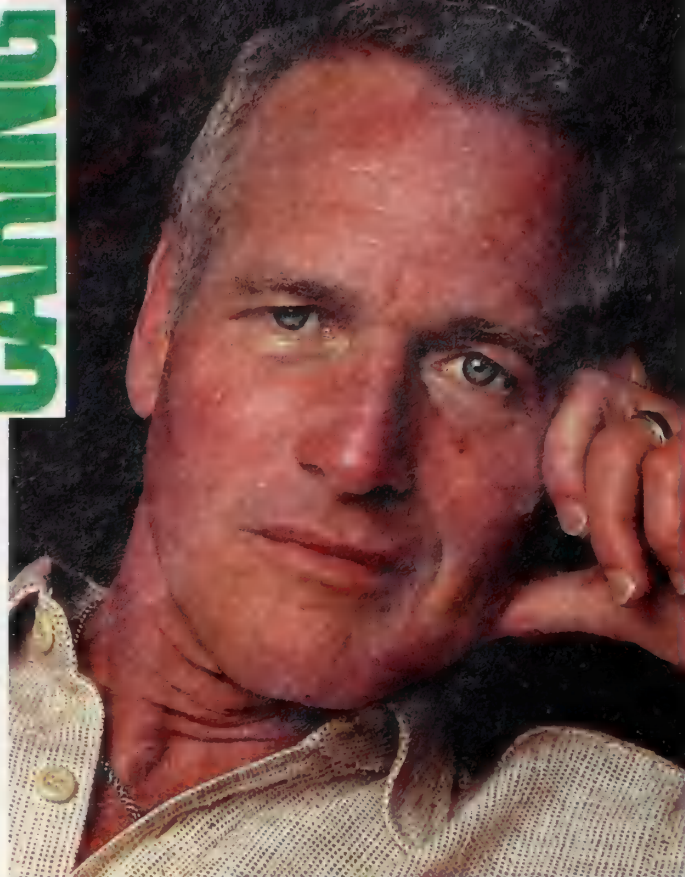
A PROFESSIONAL PORTRAIT ISN'T EXPENSIVE. IT'S PRICELESS.

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Paul Newman's dream-come-true camp

They are youngsters who know too much about pain, fear and isolation. Now the actor wants to help these kids laugh again—to give them back their childhood

Cabins, canoes, kids splashing in a lake—viewed from afar it seems like a typical summer camp. But up close, the scene stops looking ordinary: The little boy—with his catch of six fish held high and the proud smile on his face as wide as the lake behind him—is bald, his hair lost to chemotherapy. Nearby, a twelve-year-old girl, her leg recently amputated, sits giggling with friends. A T-shirt covers the catheter resting close to her heart. Other children run excitedly through the grounds. Only the slight pallor of some of their faces, or the fact that they tire easily, reveals *(continued)*



There's no shortage of things to do at the Hole-in-the-Wall-Gang Camp. Kids can even find themselves going fishing with a superstar

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FLOOR IS DRY.**

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looking streaky and dull.

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FLOOR IS DRY, TOO.**

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SO IT LOOKS SHINY WET, EVEN
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You'll find that the unique handle is contoured to fit a woman's hand and then swept back to allow you to see exactly where you're shaving.

What's more, the new Comfort Strip helps lubricate your skin so the razor glides easily and your shave feels smoother than ever.

The New Improved Personal Touch. Now that you know what makes it so good, you can appreciate why you-know-who uses it.



New Improved
**Personal
Touch®**

■ PAUL NEWMAN

continued

that these are youngsters with cancer or other life-threatening diseases.

There is something else special about this camp, too, which officially opens this month. It was conceived and founded by superstar Paul Newman. Newman, sixty-three, hit on the idea when two close friends died after long bouts with cancer. "They were only in their forties and fifties," Newman says. "After they died, I found myself thinking, Well, at least they had some opportunities. What about the kids who are facing a short life or one in which their experiences will be extremely limited?"

"We are such spendthrifts with our lives," he adds. "You have a sense of your own immortality and good health, all those things everybody takes for granted. Then you meet kids like those attending this camp, and you have to think twice about it."

The unique camp for youngsters, aged seven to seventeen is the latest charitable cause to grow out of the tragedy that struck at Paul Newman's core in 1978—the death of his only son, Scott, at the age of twenty-eight, a victim of drug and alcohol overdose. While the actor has kept his grief private, it has manifested itself publicly—the Scott Newman Foundation, headed by Paul's daughter Susan, brings public awareness to the two killer problems of alcohol and drug addiction. Then there is Newman's Own, the family-and-friends-run snack dressing, popcorn, lemonade and spaghetti sauce operation, which has donated \$15 million to three hundred charity charities since its inception five years ago. Such causes have become Newman's way of carrying out his philosophy of life for the public good. "I've been touched by the good fortune of living a long life and having a sense of accomplishment," he says. "And I am aware that there are other people who don't have those opportunities."

Building the dream

Newman first met youngsters being treated for cancer when he visited a children's hospital in New York. "My reaction was, What a privilege old I am! I also realized that for these kids the various components of their treatment—daily doctor visits and chemotherapy or heavy doses of medication—are at the center of their getting through every day." He found himself wondering, What if these children had a place where they could forget their concerns for a while? "I call it a calm environment. So I" (continued)

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by Shirley Temple...

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Stand up and Cheer"

DOLL

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capturing Shirley Temple in her most
famous movie roles.

The Danbury Mint is pleased to announce
the most exciting Shirley Temple doll in years –
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smiles, curls, ringlets and all – just as
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An abundance of bisque porcelain
The Shirley Temple "Stand Up and Cheer"
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porcelain. In fact her entire upper body is
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except in the most expensive collector dolls.

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An exceptional value
The Shirley Temple "Stand Up and Cheer"
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price of \$90 which may be paid in convenient
monthly installments. This is a remarkable value
when you consider that previously available
Shirley Temple porcelain dolls have all sold at
prices in excess of \$200. You will receive a display
stand and at no extra charge. What's more, your doll
will be accompanied by a personalized serially-
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A Danbury Mint exclusive
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the privilege – but not the obligation – of acquiring
subsequent dolls in the collection with your
matching serial number.

Please respond promptly
You need send no money now. Simply complete
the Reservation Application and return it promptly.
to reserve your doll today!



Shown smaller than actual size of 14" in height.

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promptly.

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PLEASE PRINT CLEARLY

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charged to your: ☐ VISA ☐ MasterCard

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and authentically attired in the
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am not satisfied, I may return
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*Plus \$1 per installment for shipping
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**PREMIUM taste...
and low salt, too.**



'Low Salt' PREMIUM. Great taste...less salt.

■ PAUL NEWMAN

continued

thought, "Wouldn't it be great to create such a place?"

To do this, Newman drew on his childhood memories of summer camp. "What I remember most was the camaraderie, the campfires, the weenie roasts and taffy pulls. It was an old-fashioned camp experience, being close to nature and the simplicity of it all."

To that childhood memory, Newman added the atmosphere of the Old West and the spirit of adventure. From his movie *Butch Cassidy and the Sundance Kid* came the name for the project—the Hole-in-the-Wall-Gang Camp, a name that set the mischievous, devil-may-care tone he had in mind. Says Newman, "I wanted this camp to be irreverent and the farthest thing from an institution you could imagine. I also wanted it to look like a turn-of-the-century lumber camp, with log cabins, chuck wagons, camp fires, a lake with lots of fish, trails, horses, all sorts of animals and, yes, a cave. I mean, it couldn't be the Hole-in-the-Wall-Gang Camp without a cave, now, could it?"

Newman took his idea for the camp to the three other members of his Newman's Own company—his wife, Joanne Woodward, and his friends A.E. and Ursula Hotchner. They were as enthusiastic as he was.

Then Newman had to find an architect and a doctor who would be able to translate his dream into reality. The actor turned to Yale University, where he had studied drama.

Howard Pearson, M.D., professor of pediatrics at Yale's medical school, agreed to work with Newman on the camp. And Thomas Beeby, dean of Yale's School of Architecture, undertook the camp's design. It was an unusual project for Beeby, one of the country's foremost architects. "I was nervous at first," recalls Paul. "I kept wondering if

he could come up with something that's ratty-looking, you know, funky. I told him, we don't want anything fancy—just log cabins. What he came up with was amazing."

Each of the log cabins Beeby designed houses six children and three nurses. The dining hall is modeled after circular stockade, with room for a stage, turning it into theater in the round. There's also a gym and other sports facilities, an arts and crafts center, and stables. A medical office and dispensary, with their rustic exteriors, are as unobtrusive as possible.

Set on three hundred acres of meadows and wood groves with forty-five acres of lake, the camp is located in northeast Connecticut. It is a site chosen as much for beauty as for its convenience—it is within easy access to major medical centers in New England. And while the serious side of this camp is never forgotten, Newman determined to make sure it never dominates. It was Newman who came up with the idea that all the kids would wear cowboy hats so that youngsters who had lost their hair to chemotherapy wouldn't feel self-conscious. And he was involved in all the other little details, too.

"I don't call them little details," explains Newman. "The color of walls, the kind of floors for this camp, are important decisions. I didn't want plastic floors; I didn't want anything that would look even remotely like a hospital. The kids spend too much time in hospitals already."

Newman's attitude set the tone from the beginning. Although there were a few compromises to ensure germ-free conditions where necessary, the medical facilities are of the highest caliber but the least intrusive. "This is the least regimented camp you could have," says Newman. "I want to get the kids away from regulations."

And that includes meals. "Paul wanted the children to be able to fry up the fish they catch in the lake or roast

**RITZ taste...and
low salt, too.**



'Low Salt' RITZ.
Great taste...less salt.

[illegible]

"That is the key to the camp," (continued on page 161)

All campers' names have been changed

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Great Taste
Less Salt

Low Salt' TRISCUIT.
Great taste...less salt.

Newman's Own
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How women vote



BUSH OR DUKAKIS?
With women wielding 53 percent of the vote, they could decide who wins



This summer, as the political conventions determine the final two candidates for November's ballot, we asked women nationwide what they take into account when voting for a president—and what should be the first item of business when the winner reaches the White House

What should our next president establish as a top priority?

Women of all ages, occupations and income levels overwhelmingly agreed: Working for world peace should be first on the agenda. Other priorities were, in order:

- Reducing the federal deficit (interest tended to rise with respondents' income level)
- Keeping taxes down (executive women and homemakers showed the same level of concern)
- Finding a cure for AIDS (those younger than thirty were the most concerned)
- Spending more to help the poor (full-time homemakers cited this more than women working outside the home)
- Keeping America a strong military power (those over forty-five felt most strongly)

If one of the presidential candidates chooses a woman as a running mate, would you be more inclined to vote for that candidate?

The majority of women—59 percent—said a ticket with a female vice-presidential candidate would *not* make a difference in the way they voted. Sixteen percent thought they'd be more likely to vote for that ticket, while 7 percent said they'd be less inclined. Fifteen percent said it would depend on who the woman was.

Do you think there will be a female president in the next twenty years?

Fifty-two percent of the respondents said we will see a woman in the White House by 2008; 32 percent said we won't. Democrats were slightly more optimistic than Republicans.

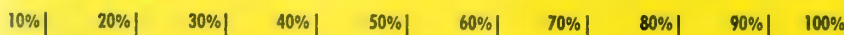
Do you have a question you'd like asked in our ongoing survey of the American woman? Send it on a card to Roper Questions, LBJ, 100 Park Avenue, New York, NY 10017.

What would keep you from voting for a particular candidate?

WOMEN WOULD NOT SUPPORT SOMEONE WHO:

- Had physically abused his spouse or child (91 percent)*
- Refused to release tax returns to the public (72 percent)
- Did not believe in God (68 percent)
- Was a homosexual (65 percent)
- Had been convicted for drunk driving in the past (57 percent)
- Said religion dictated his decisions (56 percent)
- Refused to be tested for AIDS (54 percent)
- Had used drugs occasionally (47 percent)
- Had had extramarital affairs (42 percent)
- Had had a child out of wedlock (21 percent)
- Was related to someone with a criminal conviction (21 percent)

*Percentages total more than 100 because respondents chose more than one answer



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\$3 off a carton.



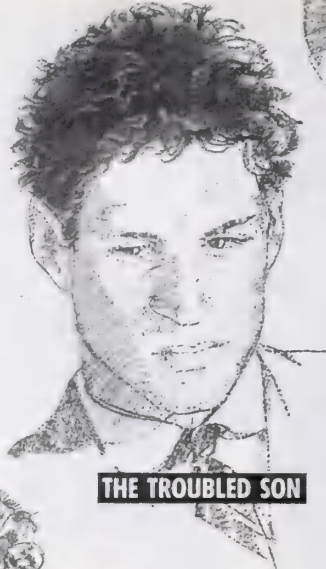
Available in 100's and
New King Size.

SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

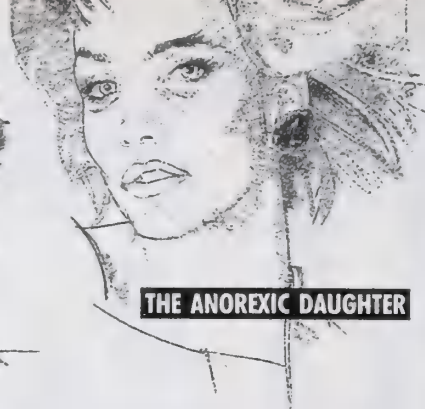
Filters and Menthol: 16 mg. "tar", 1.3 mg. nicotine; Lights and Lights 100's:
9 mg. "tar", 0.8 mg. nicotine; 100's: 14 mg. "tar", 1.2 mg. nicotine;
Menthol 100's: 12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.



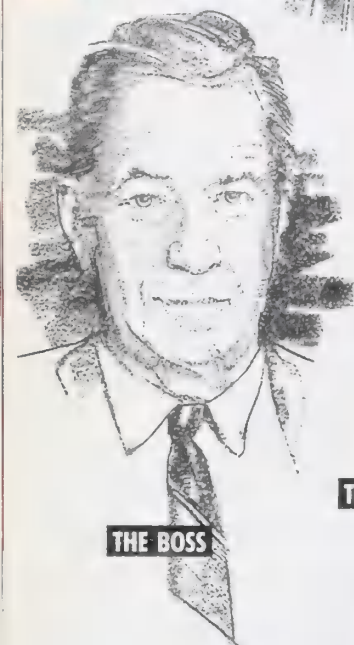
THE WIFE



THE TROUBLED SON



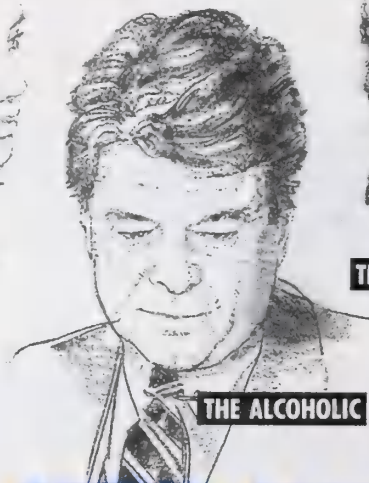
THE ANOREXIC DAUGHTER



THE BOSS



THE NURTURING DAUGHTER



THE ALCOHOLIC



THE UNCONVENTIONAL DAUGHTER

the **INTERVENTION**

They seemed like a nice, typical family. In fact, they were the victims of addiction. My job was to make them face the truth about themselves



THE INTERVENTIONIST

As an interventionist, I try to halt the fatal progress of addictions to alcohol, drugs and destructive behaviors by getting the addicted people into treatment centers. I come into the picture when a family member contacts me and asks for help. Over the years, I've worked with many families damaged by alcoholism, but none affected me as deeply as a family I'll call the O'Briens.

I first met Adele O'Brien when she came to my office. She was a pretty woman in her late forties: small-boned with delicate features and prematurely white hair. She'd gotten my name from *(continued on page 44)*

From CRISIS INTERVENTION: ACTING AGAINST ADDICTION, by Ed Storti and Janet Keller. To be published by Crown Publishers, Inc. Copyright © 1988 by Ed Storti and Janet Keller.

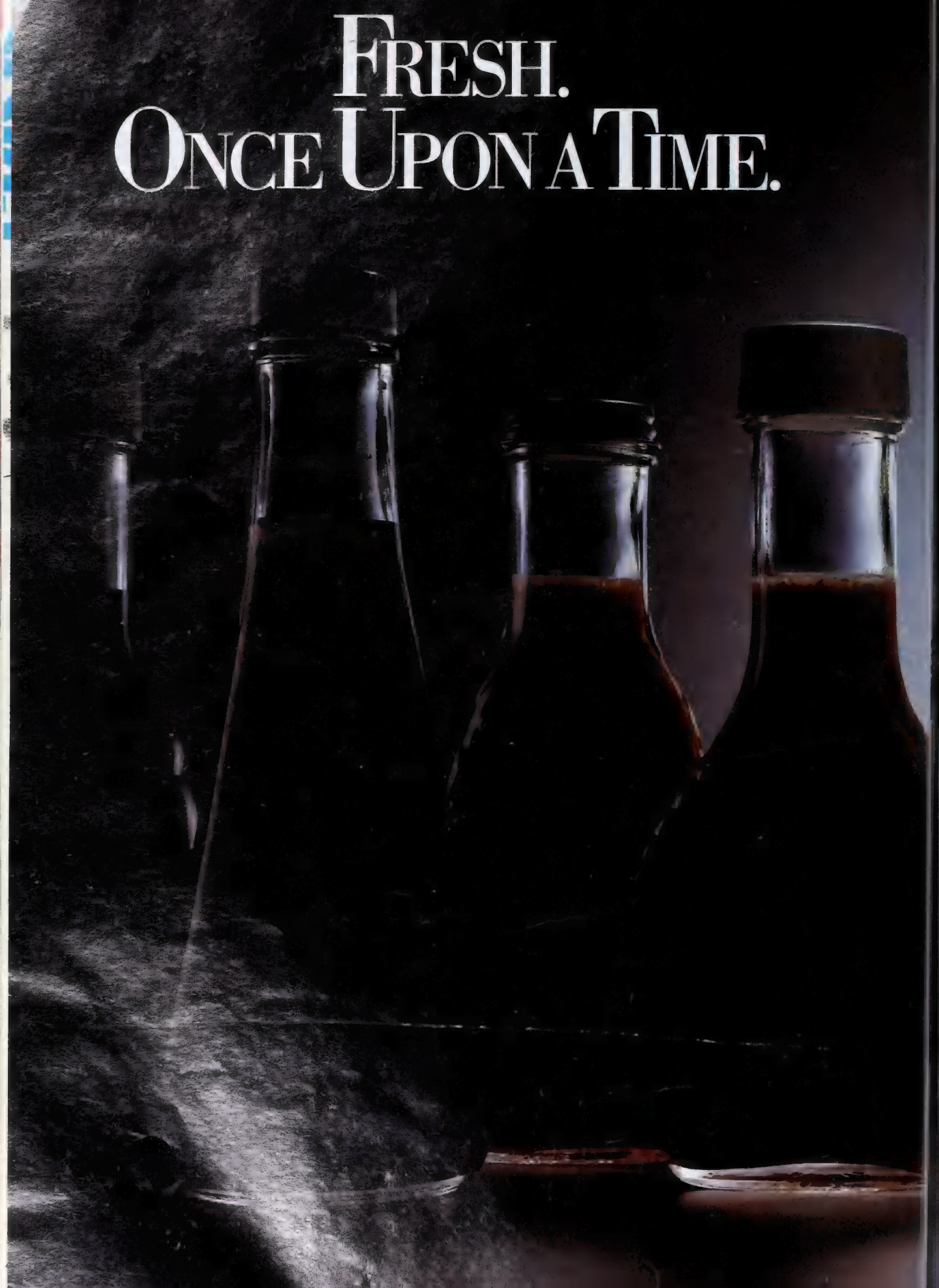
By Ed Storti

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ONCE UPON A TIME.



FRESH. EVERY SINGLE TIME.

Taste the difference.
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Your foot specialist.™**



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COMES WITH THIS SEAL

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■ THE INTERVENTION

continued from page 40

a colleague of her husband's whom I'd helped a year earlier.

Adele's eyes filled with tears as she spoke. "I'm convinced my husband, Jed, is dying, Mr. Storti."

She went on to tell me that both Jed's parents were alcoholics. Jed had taken his first drink in his early teens and now, at forty-eight, drank all day.

Adele said she, too, had drunk excessively for years but had stopped abruptly when her daughter Moira announced her engagement: "I took a long look at myself in the mirror. I weighed one hundred eighty-five pounds—all bloat. I didn't want to look like that for my daughter's wedding. I literally crashed into sobriety."

"After I'd been sober a few months, I really began to focus on Jed's drinking.

I became terrified by what I saw. When he gets up in the morning, he has a cup of coffee, goes for a run on the beach, showers, has a double shot of vodka, goes to work, drinks his lunch, stops for drinks on the way home, and five minutes after he's in the house, he's passed out.

"I started confronting him with the fact that he was an alcoholic. But he just ignored me."

When she said, "He's in labor relations," I suddenly remembered meeting Jed when I helped his friend. Tall and good-looking, with reddish-brown hair and green eyes, Jed had an authoritative manner.

Adele said she wanted Jed's boss, Axel Sears, and her four children to take part. I asked about the children's relationship with Jed.

She started with the oldest, Moira, a twenty-nine-year-old lawyer, who had

just recently begun attending a self-help group for children of alcoholics. "Growing up, Moira tried to be the perfect daughter. She got straight A's and helped care for the younger children. I think she believed being a wonderful daughter might make Jed stop drinking. She still feels there is something she could do to save her father."

"Who comes next?"

"Erin. She's twenty-eight—a commercial artist. Erin's always been unconventional. She adores Jed. Erin never wanted to mother him like Moira or get close to him like Pixie. She simply accepts him."

"And where does Pixie fit in?"

"At eighteen, she's the youngest and still lives at home. As a little girl, Pixie would do anything to get Jed's attention. Good things and bad. She'd be sweet and affectionate, and an hour later she'd start screaming because he'd ignored something she'd said or done."

"Then there's Charles. He's living up north. He's twenty-one and in and out of college. Right now he doesn't have much to do with the family."

"But you want him to be present at the intervention?"

She nodded and said gravely, "We all have to be there."

I suggested she set up a group-preparation meeting as soon as possible—Wednesday.

Adele called later that afternoon to tell me that Jed's boss, Axel, was involved in a crucial strike negotiation up north and couldn't get away until Saturday. Also, Charles was in the middle of final exams and couldn't make it until Saturday either.

She asked whether I could meet with just her and the daughters Wednesday, prepare the others by phone and schedule Jed's intervention for Saturday. If I hadn't been convinced by what Adele had told me, that Jed was at a critical stage, I'd have been trying to slow things down. I told Adele yes.

A troubled family

When the four O'Brien women arrived at my office, I sensed a lot of tension.

I asked the daughters, "Are you all willing to be present while I try to get your father to agree to enter a treatment center?"

They assented.

Then their mother jolted us all by saying, "If your father refuses treatment, I want you to know I'm going to divorce him."

Pixie's eyes were panic-stricken. "No, Mother! You can't walk out on him. He needs all of our help—now more than ever!"

I said, "The important thing is to intervene as quickly as possible and

get Jed into treatment. Once that's accomplished, you'll all be in family counseling and can then weigh major life decisions."

Both Adele and Pixie seemed distraught. Either could go off on a tangent during the intervention and cause Jed to explode.

So I said, "Adele, you've probably said everything possible to Jed about his drinking. It isn't going to help to repeat it. I think it would be best if you don't say anything during the intervention." I turned to Pixie. "I don't want you to say anything either."

"Why not?" Her eyes filled with tears. "I'm not deserting him."

"Because you're in pain, and you might communicate that to your father, instead of your love."

"It's okay, Pixie." Erin put her hand on her sister's. "Moira and I can do it."

I felt on firm ground with both older daughters. So I went over the strategy and we wrapped up the meeting.

After the O'Brien women left, I called Axel Sears. "I'm damn glad Adele has decided to intervene," Axel told me. "Jed's been slipping badly on the job." By the time we finished our conversation, I felt confident that he'd be a strong ally.

Charles was another matter. When I called him, I noticed that he sounded

stoned. I couldn't pin him down on a thing. He committed only to saying that he would be present for the intervention because his mother had made him promise.

I felt he'd chosen the lost-person role to play in his family—disappearing inside himself to avoid the chaos.

The confrontation

I'd arranged to meet Axel Sears and the children a couple of miles from the O'Brien house. Adele was to remain at home with Jed to make sure he didn't go anywhere. As I parked, I noticed Axel was missing.

Pixie sang out, "Helloooo, Mr. Storti . . . How're youuuu?" She hummed a current rock tune and danced a few steps. Clearly, she was on something.

Charles remained subdued as Moira introduced us. I talked with him only briefly, but his pale complexion and trembling hands confirmed my speculation that he might be hung over. We waited for about ten minutes, but Axel still didn't come. Finally, I said with determined cheerfulness, "Come on, O'Briens, let's go."

Moira told me she would lead the way in her car. Pixie and Charles got in with her, and Erin rode with me.

Erin glanced at me before she said

quietly, "You know, if I were to choose who in our family should be intervened with, I would say first Pixie, then Dad, then Charles. God, sometimes it's like I can see 'This person will self-destruct in one year' stamped across her forehead."

"Heavy into marijuana and alcohol. Maybe bulimic. Right?"

Erin said, "Throw in a little kleptomania, and you've got it."

Despite her light tone, I could hear her anguish. I tried to reassure her.

When we got to the house, Adele beckoned us in. She spoke in a hushed, stricken voice. "Axel called. He could be as much as an hour late."

I assured them, "We're going to go right ahead, gang. No turning back. This is it."

I didn't have long to wait before I heard Jed's footsteps. When he entered, I smiled and said, "Hello, Jed."

There was a beat of silence, but his expression didn't reveal a flicker of emotion as he said, "I remember you. You're Ed Storti."

I spoke quickly. "Jed, I'm sure you know why I'm here. I want to talk to you about your drinking. You don't know how truly ill you are."

His eyes moved slowly and coldly from my toes to my head. He said, "I was just going for a five- (continued)



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■ THE INTERVENTION

continued

mile run on the beach—which, by the way, I do every damn morning. So don't tell me I'm ill."

I said, "It's treadmill behavior, Jed, easier to do than standing still and facing the truth. It's obvious your health is breaking down. Your face is swollen. I see broken blood vessels in your face. You have bloodshot eyes. Your family is frightened for you."

"Yeah, well, I'll make a deal with my family here and now. If they stay out of my life, I'll stay out of theirs."

"Jed, you don't mean that. Look at them, they're terrified about what's happening to you."

"I can't help what they worry about," he said flatly.

I wanted to call on someone to reinforce the things I was telling him. I knew where to turn. "Erin?"

Her eyes sought his. "You've always been my lion, Dad. No matter how scary the world got, you were there for me. Everything Ed has been telling you is true. I'm never going to stop loving you, but to know you could get better and having to watch you get worse, well, it's getting harder for me to come and visit."

What she said had obviously moved

Jed, but not enough. "I am just not in the bad shape you all think I am."

I was readying my next onslaught when the doorbell rang. Adele left the room and returned with Axel. When I saw the whip-thin man with brown hair silvering at the temples, I felt a surge of energy.

But Jed was furious. "Christ, Axel, what the hell are you doing here? There's a strike going on up north."

"I'm here for two reasons. One, you're my friend, and two, you work for me. Jed, you must know your drinking is affecting your work."

Jed shouted, "Don't pull that! Work is one place I always function."

Axel shook his head. "You're just not doing the job anymore, and your credibility is shot."

"That's not true!"

"Axel is telling you the truth, Jed," I said. "That's why you need to enter a

treatment center today and start putting your disease in remission."

"I'll give up the booze," he stated. "I know I can do it."

I answered, "But to succeed, you and your family need the help of a treatment center. I've made arrangements."

Jed's eyes had a trapped expression. "How long would I have to stay?"

"A few weeks."

"I can't afford to be away from the office that long."

"Yes, you can," Axel said. "We'll cover for you. The time isn't important."

I said, "More than just getting a alcohol, you have to repair the damage done to your body and learn to understand your disease."

Jed was silent, still seeking that escape hatch. "Next week is Thanksgiving. I'll go in after Christmas."

Moirra was looking confident now. I called on her.

She said, "Now, Dad. Your getting better is all we want this Christmas. Her eyes held her father's. "Will you give us that?"

At last, this exhausted, desperate ill man was going to accept help. Without looking up, he said, "Okay, I'll go with you. But I want to go for my run."

I couldn't hold back the grin. "Go for your run."

After he left, I started (continued)

Finding an interventionist

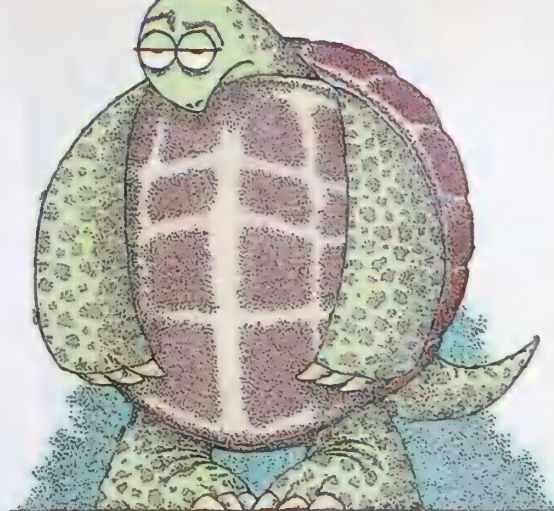
The best referral may be from someone who's participated in an intervention that yielded positive results.

If you don't know such a person, you can call a reputable hospital or treatment center, or an organization such as the National Council on Alcoholism.



IF YOU HAVE DIARRHEA, HURRY AND READ THIS

Your problem stems from an excess of water in the bowel. New Equalactin™ relieves diarrhea by absorbing that excess water. So chew two Equalactin tablets. And hurry!



IF YOU HAVE CONSTIPATION, TAKE YOUR TIME AND THINK THIS OVER

Your problem stems from too little water in the bowel. New Equalactin relieves constipation by adding bulk to retain needed water. Restoring more normal bowel movements.

A little water makes a lot of difference. In fact, just a 10% variation in the water content of the stool can make the difference between diarrhea and constipation.

That's why if you're like more than 20 million Americans with an irritable bowel, stressful days can mean diarrhea one day, constipation on another.

Now there's a single new medicine that's proven safe and effective for relief of diarrhea or constipation.

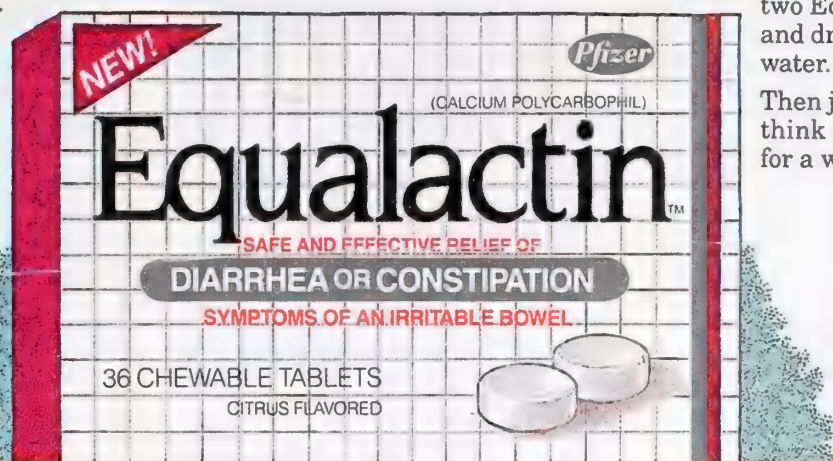
Introducing, new Equalactin.

New Equalactin actually equalizes the delicate water balance in your irritable bowel. So when stressful days mean diarrhea or constipation, all you need is the single medicine that works for both.

For gentle, predictable relief of constipation...chew

two Equalactin tablets... and drink a full glass of water.

Then just relax... and think about something else for a while.



New

FOR DIARRHEA OR CONSTIPATION
Symptoms of an irritable bowel

THE LATEST IN MOISTURIZERS

Introducing Daisy Plus.™

It's the woman's shaver with the built-in strip that releases hypo-allergenic moisturizers for a silky smooth shave. Gillette Daisy Plus. The shaver that's a moisturizer, too.

NEW
Gillette
**Daisy
PLUS**

© 1998, The Gillette Company.

■ THE INTERVENTION

continued

describing the counseling sessions Adele and the children would be participating in. I intentionally directed questions to Charles and Pixie to draw them into the group. Charles responded only in monosyllables, and Pixie stood with her back to us. Then she turned, her hands clasped into fists. She cried, "Just leave me out of this!" and ran out of the room.

A second later, Jed came in and went directly to the phone and dialed. "Helen? I want you to cancel my appointments for the coming month. I'm entering an alcohol treatment center today. Yes, and you can tell anybody who wants to know."

Twenty minutes later, he had showered, packed and got ready to leave.

The original plan had been for everyone to go to the treatment center with Jed. But when Adele called downstairs to Pixie, there was no response.

"I'll stay with her," Erin said.

Driving to the center, I couldn't help worrying about Pixie.

The healing begins

I kept in close touch with the family in the weeks immediately following the

intervention. They were participating intensely in counseling sessions.

On Christmas Eve, Erin called, half laughing, half crying, to tell me Pixie had admitted herself into the same treatment center where Jed was.

I called the head counselor of the unit. He told me that her bulimia, excessive drinking and pot smoking had damaged her system, and she was going to be under close medical supervision. I went to see her as soon as she was stable. She described in detail what she'd been going through before my intervention with Jed.

She said, "The morning of the intervention, I felt like there were searchlights hidden all over the house. I was just waiting for one of the beams to land on me and for someone to shout, 'What about *your* problem, Pixie?' I just wanted the intervention to be over so I could be alone, have some beer and smoke a joint."

One morning she'd found a brochure about the different kinds of problems the hospital dealt with: alcohol, drugs, eating disorders. Reading it upset her. She was hiding her booze in the house just like Jed had. She'd reached the point where every time she ate, she vomited whether she wanted to or not.

Reading the brochure made her suddenly want to take care of everything

that was hanging over her. So she checked in to the eating-disorders unit of the same hospital—right across the hall from Jed.

I went to talk to Jed that afternoon too, and he told me how painful it had been having Pixie admit herself while he was in treatment. "I thought, God can cope with this for myself, but my daughter . . . The realization of what could mean for someone that young . . . well, I took it very hard."

As difficult and frightening as it was for Jed to change, to learn how to open, he started working on it.

A few months after he left the aftercare program, he received another letter when Charles declared himself an alcoholic. But Jed was stronger than a able to offer a great deal of help and support to his son.

The last time I saw Jed, he told me that he was still working on finding ways to express his feelings and that he probably always would be. And believe the whole O'Brien family is slowly moving toward a healthier, less destructive way of life.

Founder and president of Intervention Specialists, Inc., Ed Storti, a recovering alcoholic himself, has done over a thousand interventions in the past 10 years with a great rate of success.

The Charm of a Country Garden in Bloom



23K gold rim
Limited edition plate
Actual size: 9½"

• By Dot Barlowe
for Reco International

©1988, HC

Very few settings are as beautiful and relaxing as an English country garden in full bloom...the tranquility, fresh air, and beautiful surroundings bring back memories of places far away, and quiet reflections of times past. Such a scene is brought to life in "English Country Garden."

With loving attention to detail, American artist Dot Barlowe has captured the rich atmosphere of this lovely setting, from the vibrant array of flowers to the delicate girl strolling with her pet. She combines delicate roses with delphinium and other...a profusion of canterbury bells, their graceful stalks...multi-hued pansies and many other favorite flowers.

A "First" For Plate Collectors

The creation of "English Country Garden" marks Dot Barlowe's debut as a limited-edition collector plate artist, in association with Reco International and The Hamilton Collection. "English Country Garden" premieres a collection of eight original porcelain plate masterworks, depicting lovely garden settings from around the world. The edition will be limited to a total of 14 firing days, and each will be hand-numbered with an accompanying, same-numbered Certificate

English Country Garden

of Authenticity.

As an owner of "English Country Garden" you will be guaranteed the right—but *never the obligation*—to acquire each issue in the *Gardens of Beauty* Plate Collection, as they become available. Furthermore, you may acquire each plate in this superb collection at absolutely no risk, because The Hamilton Collection *100% Buy Back Guarantee* assures that you may return any plate for a full, unquestioned refund within 30 days of receipt. And you need not send any money now to reserve "English Country Garden."

Strong demand is expected for this new first-issue, based on market success of recent Reco plate issues and Dot Barlowe's own reputation for artworks celebrating the natural world. Thus you should respond promptly. Applications will be processed in order of receipt, so reply today!

Respond by: **July 30, 1988**

Limit: Two plates per collector

Accept my application for "English Country Garden." I wish to purchase _____ (1 or 2) at \$29.50 (plus \$2.14 shipping and handling) each, for a total of \$_____. (\$31.64* for 1 or \$63.28* for 2).

Check one:

- ☐ Check or money order enclosed.
☐ Please bill me prior to shipment.
☐ Charge my: ☐ Visa ☐ MasterCard
☐ American Express

Acct. No. _____

Exp. Date _____ **CXM1QD3C**
003164/006328

☐ Ms. ☐ Mrs. ☐ Mr.

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

*FL residents add \$1.90 and IL residents add \$2.22 per plate for tax. All applications must be signed and are subject to acceptance. Allow 6-8 weeks from payment date for shipment. Deliveries made only to the U.S. and its territories.

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

getting past pizza



You can always go to McYou-know-who: It's cheap, it's fast, it's indestructible...

but is it dining out? For those who yearn to venture beyond burgers, Parents' Journal sought the advice of Tony Fortuna, director of Tavern on the Green, the dazzling landmark restaurant in New York City's Central Park. Here, his tips for taking the din out of dinner out.

■ Phone ahead to say you'll be bringing the kids. This way, they'll have booster seats and high chairs ready.

■ Ask for a table near a window, a fountain or something of interest to look at. (Incidentally, nobody should have to endure a bad table just because she has kids. If you don't like where you're seated, ask to move.)

■ To keep your child occupied until the food comes, bring along a book, a few crayons and some paper, any game small enough to fit in your bag.

■ Request bread and crackers before you even order. Your child's routine is probably off, and most kids don't tolerate hunger pangs with admirable stoicism.

■ Ask if there's a children's menu or children's portions. If not, have them serve your child a portion of one of the adults' meals, but make sure they divvy it up in the kitchen or you'll hear choruses of "I want my own."

■ When a child starts to get restless, take her for a walk—show her around the restaurant, go to the bathroom, stroll outside if the weather's nice.

■ Be considerate of your neighbors: If a tantrum seems imminent, take your child outside. If that's not possible, or the scene continues, leave.

■ Tip well if you've had good service, but don't automatically leave a huge tip just because you brought the kids. You don't have to apologize for wanting to eat with your family.

■ If you liked the restaurant, become a regular customer: You'll get better service, and you and your kids will feel more comfortable in a familiar situation.

A GUIDE TO CHILD REARING IN THE EIGHTIES

One mother's STORY

Letting go

BY SONDRA FORSYTH ENOS

Christopher had been away from home fairly often, of course. But this was different. At fourteen, our fearless firstborn wanted more than anything to spend a summer fortnight with a bunch of strangers in some godforsaken area in Maine, scaling rock cliffs, learning white-water rafting, foraging for food and sleeping under a makeshift tarp, rain or shine. While he was gone, no news would be good news. He would only be allowed to call if something went wrong.

Despite our reservations, Christopher boarded the Amtrak train for the Outward Bound program on a sunny Saturday in July, not looking back after he said good-bye. At first I didn't really miss him. I turned my mothering attention to Stacey, currently a model twelve-year-old. And on the night she was invited to sleep over at a friend's house, my husband, Clive, and I savored the time alone together.

Then one afternoon, the phone rang, and for some reason the sound terrified me, cutting through to some atavistic maternal instinct. Visions of my son flashed in front of me: Christopher, only hours old, still in hospital swaddling clothes . . . Christopher, scrambling up a jungle gym in the park. . . Christopher, wobbling triumphantly on his first two-wheeler. . .

I was overcome. How could I have let him go? What if the strain was too much? What if the (continued)

PARENTS' TIP

Create an autograph tablecloth at your child's next birthday party. Let the guests sign their names and then embroider over each signature. (If you're not handy, outline the names in permanent dye.) The cloth can be used at future birthday parties, adding new friends' names each year.

—Suzan Wiener, Spring Hill, FL

BOOK REPORT

FROM THE EXPERTS AT THE NEW YORK PUBLIC LIBRARY, SOME ALL-TIME GREAT SUMMER READS

TODDLERS *Do Not Disturb*, by Nancy Tafuri (Greenwillow, 1987).

FOUR- TO SIX-YEAR-OLDS *Come Away from the Water*, Shirley, by John Burningham (Crowell, 1977); *Just Us Women*, by Jeannette Caines (Harper & Row, 1982); *Summer Business*, by Charles E. Martin (Greenwillow, 1984).

BEGINNING READERS *Bee Sneeze*, by Beverly Keller (Coward McCann Geoghegan, 1982); *Four on the Shore*, by Edward Marshall (Dial, 1985).

EIGHT AND UP *This Island Isn't Big Enough for the Four of Us*, by Gery Greer and Bob Ruddick (Crowell, 1987); *The Hot and Cold Summer*, by Johanna Hurwitz (Morrow, 1984); *Anastasia Krupnick*, by Lois Lowry (Houghton Mifflin, 1979); *Hatchet*, by Gary Paulsen (Bradbury, 1987).



**Only you can prevent
sunburn.**



So be prepared with new
JOHNSON'S Baby Sunblock. Its
waterproof SPF 15 formula pro-
vides gentle, effective protection

from the sun's harmful rays. And it's
the only sunblock with that familiar
JOHNSON'S Baby Lotion scent.

Johnson & Johnson

New! JOHNSON'S Baby Sunblock.

(continued) counselors were bullies, the other kids mean? What if he—we—had made the wrong decision?

The call wasn't bad news, but I missed him every minute after that . . . the bleeps from his computer, the drone of his TV, the mess in his room, the teenage sarcasm.

On the eve of his homecoming, I cleaned the house with uncharacteristic fanaticism; while Clive went to meet the train, I made Christopher's favorite dinner. Finally, the wheels of the car crunched in the driveway, and Christopher burst through the kitchen door. "Mom!" he shouted, flinging lanky arms around me. "It was totally awesome!"

I started to cry; he started to laugh. "What smells so good?" he said.

"Shouldn't you take a shower before dinner?" asked Clive. "My God, are those your new clothes?"

Christopher looked down at his grimy shirt and jeans and smiled. "Mom can get anything clean."

Now, I know one could aspire to accomplishments more noteworthy than opening a bleach bottle. Yet I confess I flushed at the flattery.

"Let him just wash his hands before we eat," I said.

Later that night, I found him under the covers, smelling of soap and toothpaste.

"Mom," he said softly, "you know when I was alone in the woods? I got really homesick. I missed you."

"I missed you, too, honey," I said. And now I know I always will—when he's in college, when he's working, when he's married. But as an anonymous sage once said, "There are two things we must give our children: roots and wings." We had made the right decision after all.

under- standing KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He hosts call-in programs for parents on ABC Talkradio. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

My husband's parents really spoil our kids (aged three and seven). Whenever they baby-sit, the kids get presents and special treats. Last Christmas when we told our older child we couldn't afford the fancy electronic toy he wanted, he conned the grandparents into buying it for him. How can I put a stop to this?

It can be very distressing to observe someone blithely undermining your painstaking efforts to instill in your children positive values and decent attitudes.

Examine your motives to see if there are hidden reasons for your annoyance.

Sometimes an unacknowledged competition exists between parents and grandparents—perhaps for the children's love or loyalty, or for control of the children. Another important reason, and one that is very hard to admit, is envy. There are times when parents envy what they see as their children's luxurious life, since they themselves were never treated so lavishly. It can rankle to watch their own parents, who were once so strict, pulling out all the stops with their grandchildren.

However, I doubt that you'll have much success in putting a complete halt to your in-laws' way of handling the children. You will probably do best if your goal is simply to tone down their extravagance. Besides, some indulgence on the part of the grandparents is not such a bad thing: The relationship is such a vital one. Grandparents provide an important link to the past, which can help in the development of a sense of identity. Children are fascinated by the old days. Furthermore, the sense of continuity grandparents offer also helps a child define his or her place in

the world. It can be especially entertaining for your children to learn about you when you were a child. Little secrets are great fun to discover!

You might do well to remind your children that although their grandparents may be very lenient in their home, your rules must be followed at all other times. Of course, it would make life easier for you if your in-laws reacted to the children's requests the way you do. Suggest that they check with you before making extravagant gifts. Since these are your husband's parents, ask him to do a good deal of the talking. They might not get as angry with him.

If your in-laws are unresponsive to your suggestions, you can always limit their contact with the children. But make this a last resort. Since everyone benefits from including grandparents in your family life, I'd make every effort to overlook small infractions and keep the channels of communication open.

Do you know an abused child?

There is something you can do: Call the National Child Abuse Hotline (800-4-A-Child), twenty-four hours a day, seven days a week. Counselors will help victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of abusing a child.



c 1988 Maytag Co.

Mrs. Smith had 82 babies. But only one Maytag.

We think that makes our Maytag washer almost as incredible as Mrs. Smith. In 13 years, she took 82 foster children under her wing and threw load after load of diapers into her Maytag.

Both Mrs. Smith and her Maytag survived. In fact, last we heard, she was still taking in kids and their dirty clothes—a challenge which finally forced her to replace her old Maytag with the most de-

pendable washer she could find. A new Maytag.

A choice which proves that this mother does know best. Maytags are built to last longer and need fewer repairs. In fact, every washer is individually tested to prove it can meet our standards before it leaves our door. So when it's delivered to your door, it's ready to stand up to the toughest kids on the block. No matter how many there are.



MAYTAG
THE DEPENDABILITY PEOPLE

One last reason to buy a Maytag washer: a free \$50 savings bond on select models. But see your dealer now, this offer is limited.

This is what NutraSweet® looks like to your body.



To your eyes, NutraSweet doesn't have very much in common with all these different kinds of fruit.

But the rest of your body will detect a rather remarkable similarity.

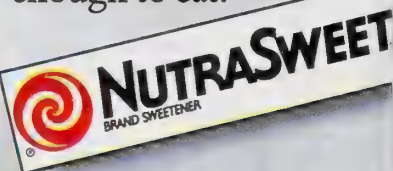
NutraSweet, you see, is made of two building blocks of protein, like those found in foods that we eat every day.

Including every one of the fruits that you see pictured here.

Your body, of course, doesn't require such a long explanation.

Because it understands these things naturally. And the way your body sees it is a juicy piece of fruit and NutraSweet actually have quite a bit in common.

They both look good enough to eat.





Diana

HER PRIVATE PHOTO ALBUM



Shy Di at her first exposure to the press. In just months she became an absolute natural in front of the camera

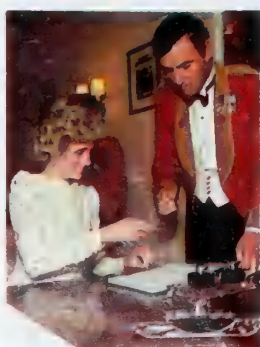
in the past, Britain's kings and queens had great portrait painters—Holbein, Van Dyck, Lawrence—who passed down their images for posterity. Princess Di has a photographer, Tim Graham, who portrays (and talks about) her with great intimacy and affection. Here he explains the unique way in which she handles her remarkable role.

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And despite hundreds of public appearances and dozens of magazine covers, no one ever seems to get enough of her. Now even she seems to like it



Diana

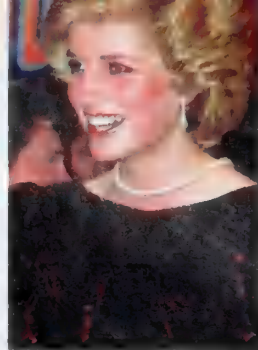
the Princess of Wales must have the most famous smile in the world, one that I have photographed a thousand times. Nevertheless, when I first met her, a smile, even a grin, seemed to be quite foreign to her. This was in September 1980. Lady Diana Spencer, then only nineteen years old, was being linked romantically with the Prince of Wales. Insiders felt an engagement was on the horizon. Naturally the pressure on young Lady Diana became very intense, and in an effort to appease the press, she agreed to be photographed at the kindergarten where she worked. I remember her as a typical teenage girl; she seemed quite pretty, but with her Shy Di eyes fixed firmly on the ground and her rather gloomy expression, it was hard to tell.

Her five-month engagement

to Prince Charles was for Lady Diana what one might call the sink-or-swim period. Once, just before the wedding, when Lady Diana was watching Charles compete at a polo match, the strain began to show. While the crowd waited for the prize-giving, all eyes were on the royal bride-to-be. Photographers were in front-row position, and it was said at the time that they reduced her to tears. But it was not just the photographers—she'd coped with larger gatherings of them before—but the public pushing forward to stare that proved too much for her. In those few tense moments, she had a glimpse of an inescapable and intimidating part of her future.

Only two months after this low point, on August 19, 1981, the Princess of Wales posed with her husband on the banks of the River Dee. Attractively tanned after their honeymoon cruise, she was the picture of self-confidence. When the photographers presented her with a bouquet of flowers, she jokingly accused them of

claiming back the money on expenses. It was as if she had been doing this for twenty years. She even looked different! She had lost a few pounds of baby fat and had a new hairstyle, but for me the most important difference was the radiant smile that came so easily to her face. She was happy, and all the media attention in the world could not change that. Curiously, it was during their honeymoon, when she was away from the public gaze, that she had come (continued)



Although Diana's wardrobe has occasionally been criticized for its extravagance, it plays a crucial part in her appeal. As she herself has said, "My clothes are for the job"





(continued) to terms with her new life. It was as if she had decided that since she was going to be the focus of so much attention, she might as well look good and try to enjoy it. She changed from passive to active, from negative to positive. It was the realization that her future role was more than an item in a gossip column, that her life had become a part of the lives of millions of people, most of whom she would never meet. The way she looked, the way she dressed, the way she



brought up her family, would be important to them. I think she grasped this idea in those weeks, and she came back from her honeymoon ready to do the job.

July 1 is Princess Diana's twenty-seventh birthday. She has now been on the royal scene for eight years. I think these pictures show how dramatically that shy teenager of 1980 has, through natural beauty and remarkable self-discipline, created an image of glamour and style more successful in global terms than any Hollywood star. They show a woman who has learned to deal with the intrusive camera in a way that no one has ever

done before. They show a woman who, while fulfilling her role as wife of the heir to the throne, has to deal with a world that treats her as a pop star. Princess Diana takes it all in stride. ■

private faces



Diana's glow doesn't stop when she's out of the spotlight. Watching Charles on the polo fields or just giving Prince Harry a snuggle, she always looks great



Diana

Flavor.

Let's not beat around the bush. Flavor is what Merit's all about. Real, satisfying flavor. Take-a-puff, rewarding, down-to-your-toes flavor. It's what you love about smoking. It's what you get from Merit. And because of Enriched Flavor,[™] Merit delivers all this taste with even less tar than other leading lights. If that sounds like your kind of cigarette, just say the word.

Enriched Flavor,[™] low tar. A solution with Merit.



SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method.

all about CATNIP

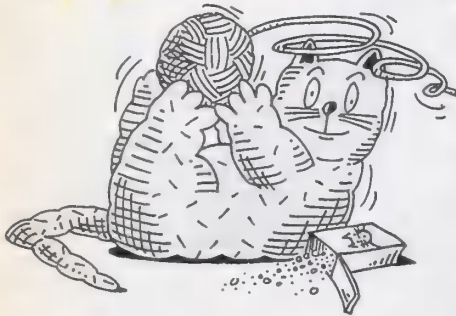
I have two cats. One—a male—is crazy about catnip, but the other one just turns up her nose. Do only male cats like catnip?

Most cats—about 70 percent—respond to catnip, says Allan Paul, D.V.M., small-animal veterinarian at the University of Illinois, in Champaign-Urbana, but it has nothing to do with whether the cat is a male or female. The other 30 percent of cats are missing a gene for the response, so catnip leaves them cold.

Catnip fanciers display a range of responses—from mild delight to extreme ecstasy. All felines share this enthusiasm, including lions, tigers and other wildcats.

Don't worry about giving your kitty an overdose—a cat's nervous system has a built-in shutoff mechanism. After about fifteen minutes of fun, his nose will cease to react. It will take an hour of rest before catnip will be a stimulus again.

Catnip itself is harmless to cats, but some catnip toys, such as mice with yarn tails, can choke a cat.



Many people neglect basic inoculations for their pets, but the consequences can be quite deadly, especially for puppies and kittens. The American Animal Hospital Association recommends the following vaccines.

DOGS

RABIES Vaccination required in many states.

CANINE DISTEMPER A virus that causes vomiting, diarrhea and nervous symptoms, ultimately leading to death.

PARVOVIRUS An intestinal virus that causes severe, bloody diarrhea and dehydration.

CORONAVIRUS Similar to parvo, it is becoming more frequent. It may not be serious when it occurs by itself, but when it occurs with parvo, it compounds the effect severely.

KENNEL COUGH A vaccine; good to administer before putting your dog in a kennel.

HEARTWORM Preventive medication administered by you. Have your vet test dog first.

a shot in the dark

CATS

FELINE PANLEUKOPENIA (also known as feline distemper) A combination of viruses that causes vomiting, dehydration and diarrhea and leads to death.

FELINE LEUKEMIA VIRUS A fatal disease that causes a blood abnormality signaled by anemia and weight loss.

RABIES Many cat owners forgo this vaccine; this has resulted in many more cases of rabies in cats than dogs recently.

FELINE UPPER RESPIRATORY DISEASE A combination of viruses that causes pneumonia-like symptoms such as coughing, sneezing and sores on the mouth and tongue.

summer safety tips

HIGH-RISE CATS

Keep your windows securely screened to prevent high-rise syndrome—the term veterinarians use to describe injuries suffered by cats who fall out of windows. Don't think you can ignore the danger if you live in a two-story house. A recent study suggests that a fall from a second-story window might be worse for a cat than a fall from a higher story. When cats fall from greater heights, they have more time to position themselves to fall without fatal injury.

PICKUP-TRUCK DOGS

Before you let Fido hop in the back of your open truck, consider this: He may be subject to a host of injuries—corneal abrasions from insects hitting his eyes at high speeds, skin abrasions from sliding around in the truck, broken bones or death from falling or jumping out. If you can, let your dog ride inside the truck, or tether him with a harness. (Don't use a collar around the neck, which can choke the dog.)

PLANT PATROL

Puppies and kittens are frequently victims of poisoning when they nibble on toxic plants in your house and garden (adult pets are less likely to chew plants). The following are some common plants that are toxic: dieffenbachia, nightshade, castor bean, oleander, cherry tree bark, lily of the valley, poinsettia and certain ivies. Many more plants might pose a threat to curious animals, so call your local poison control hotline to check if your garden is safe.

PURR-SUIT

TRIVIAL

Why are the hottest days of summer called the dog days?

Sirius, the dog star, is in its ascendancy during July and August. The folk belief held that the star lent its heat to the earth to create the heat of summer.

SERGEANT'S NEW FAST
ACTING FLEA & TICK COLLAR.

© 1988 A.H. Robins Company



10,000 DEAD FLEAS CAN'T BE WRONG.

Testing shows Sergeant's® New Dual Action Flea and Tick Collar® kills $3\frac{1}{2}$ times more fleas in the first 6 hours than the other leading collar.

And that's just the beginning. Sergeant's new fast acting collar keeps on killing fleas faster than the competition for a full 5 months. In fact, up to 10,000 fleas in 5 months!

That's bad news for fleas, but good news for dogs.

Sergeant's



Marriage CLINIC

Here are new ways to improve, enrich, enjoy your most important relationship

5 major marital myths

ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO MAKE YOUR MARRIAGE BETTER IS TO FORGET SOCIETAL ASSUMPTIONS. IF YOU CAN REMEMBER THAT WHAT IS *SUPPOSED* TO HAPPEN VERY RARELY DOES, YOU'LL BE MUCH HAPPIER.

1 MYTH And they lived happily ever after.

FACT Happiness doesn't just happen. We make it happen by telling each other what we want.

2 MYTH My spouse will always be the same.

FACT People inevitably do change. If we expect that the relationship will remain the same, we refuse to adapt to change. The result—unrealistic expectations that can never be satisfied.

3 MYTH If we fight, we'll destroy our marriage.

FACT In a close relationship, the goal of fighting is not to win but to clarify misunderstandings. If we don't fight, we either bury grievances until one mate has a terrible outburst or we develop a shallow union in which we cannot share our feelings.

4 MYTH We can get exactly what we want in a marriage.

FACT Each partner must respect the other's needs. This means compromising. If we always insist on getting our own way, we deny the individuality of our partner and ultimately end up disappointed.

5 MYTH Doing your own thing is incompatible with making the marriage work.

FACT Each partner needs his or her space—without it, one of the partners will feel trapped, smothered, limited. To escape, he or she may seek a life that doesn't include his or her mate.

HOW TO BIND THE BONDS TIGHTER

■ *Center on actions, feelings and qualities that represent the good in your union*

Do you often get upset over small things that become so constant a source of anger that they dominate your relationship? It doesn't have to be this way. For example, one woman reports, "My husband never drinks during the week. However, when we go to a party, he'll occasionally drink too much. I don't fuss anymore. Now I'll tease him the next day because he has a hangover. On the other hand, I'm a compulsive straightener-upper. That's when he teases me back."

■ *Reveal you care* Without expressions of sentiment, your partner will wonder, "Does she love me?" Caring couples display continual affection. One wife leaves "I've missed you all day" notes for her husband to see when he gets home. Before he goes to work, one husband tucks an "I can't wait to see you" note in his wife's handbag.

■ *Don't forget romance* Advises one marriage veteran, "Think of your partner as someone you're dating.

Marriage makes a partnership so serious."

Excerpted from MAKING LIFE RIGHT WHEN IT FEELS ALL WRONG, by Herbert Fensterheim, Ph.D., and Jean Baer, to be published by Rawson Associates, a division of Macmillan Publishing Company. Copyright © 1988



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THINK OF TRUST AS
THE CORNERSTONE.
BUT KEEP IN MIND
THAT EACH PARTNER HAS
LIMITS. USE THE
FOLLOWING EXER-
CISE TO PINPOINT AREAS OF WEAKNESS AND
STRENGTH IN YOUR RELATIONSHIP.

how to build your sense of **TRUST** in one another

STEP ONE: Use the following ratings table when scoring the lists below on a sheet of paper. Have your husband score the same lists on another sheet.

- 0 not one bit
- 1 very slightly
- 2 more distrust than trust
- 3 more trust than distrust
- 4 very much
- 5 completely without reservation

List one—*actions*: How much do you trust your partner in the following areas?

- ☐ Making money decisions
- ☐ Doing necessary things around the house
- ☐ Handling money
- ☐ Doing optional things around the house
- ☐ Transportation—including driving and car care
- ☐ Grooming—appearance and clothes selection
- ☐ Taking care of the children
- ☐ Taking care of you when you are ill
- ☐ Outside social behavior
- ☐ Sexual fidelity

List two—*feelings*: Can you trust your partner to be sensitive to the feelings you share with him/her?

- ☐ About your own family
- ☐ About your partner's family
- ☐ About friends
- ☐ About the children
- ☐ About work-related problems
- ☐ About good feelings unrelated to your partner
- ☐ About bad feelings unrelated to your partner
- ☐ About good feelings about your partner
- ☐ About bad or critical feelings about your partner
- ☐ About your reactions to your partner's feelings

STEP TWO: Exchange answers. Allow time for each of you to think about the other's responses. Discuss what you've learned about yourselves. You may discover neither trusts the other with money and decide to hire a financial manager. Or you may find you've begun to trust each other more. For example, your mate had a serious illness, and you really came through.

3 ways to change your love pattern for the better

■ **Clarify the problem and try to solve it** When you have a conflict, take time to understand the cause, and a solution will often become apparent.

For example, Ken, a thirty-four-year-old businessman, recalls, "The problem was between my wife and my mother. They fought over me." Ken's wife tried to get along, but his mother always started a battle ("I told you to bring me iceberg lettuce and you brought me romaine"). Finally, when the blowups became more and more serious, Ken called a summit meeting, insisting that his father also be present. Putting first things first, Ken stated firmly, "I am married to my wife for the rest of my life." Because Ken openly declared his loyalty, his wife felt very close to him and no longer cared as much what his mother thought. Subsequently, the relationship between the mother and daughter-in-law—never affectionate—became more cordial.

■ **Know which problems to work through and which to ignore** Trying to resolve some conflicts may create so much disruption that you threaten your main goal of maintaining the relationship. It may be best to disregard the issue.

Susan resents all the hours her spouse jogs alone but makes no complaint. She says, "Jogging separates us, and I hate it; but because this exercise is so important to him, I have stopped fighting with him about his jogging, and we are a happier couple."

■ **Instead of seeing yourself as a victim in the relationship, learn to give and accept help** Friction and crises will occur, but again, give priority to the relationship.

When Millie, a working woman with a very demanding job, married Al, she also became a weekend stepmother. An extremely devoted father, Al had his two young teenage children every Friday through Sunday.

Millie liked the kids very much and did not mind all the extra work involved, but when each child wanted to bring a friend every weekend, she found it too much. Al thought up a simple but effective answer: Every other weekend his children could bring friends; alternate weekends they'd come alone. Millie says, smiling, "It doesn't sound like much, but this made a big difference. We have a good marriage again."

How long have you been married?

Dissatisfaction most commonly occurs sometime between the seventh and fifteenth years of marriage. If you can recognize such a period for what it is—a time of dissension and reevaluation—there's a very good chance you'll end up with a far better relationship.

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MARRIAGE CLINIC

continued

when nothing works

THERE ARE TIMES WHEN YOU TRY. YOU FIGURE OUT THE PROBLEM. YOU TALK. YOU STRIVE TO DO THINGS DIFFERENTLY. BUT IT DOESN'T HELP. EACH PERSON FEELS HE—OR SHE—IS THE VICTIM, YET EACH WANTS THE MARRIAGE TO CONTINUE. WHAT TO DO?

Change your approach

■ You may find that you're working at solving a problem too difficult for you to cope with. Start with a smaller step. For instance, you want to reveal more of yourself to your partner, so you try to express every thought you have or have ever had. This may prove too big a beginning. If you're shy, you may have to increase your self-revelation by first telling your feelings and thoughts about other people.

■ You may give up too quickly. It's like dieting: At some point you will backslide, only in this situation you don't raid the refrigerator, you go back to being a shrew, a nag, withdrawn, whatever. Know this will happen. When it does, start again on the program you've set for yourself. Never let a temporary setback get you permanently off the track.

Try to resolve inner conflicts

What is there about you that keeps

you from developing a fully satisfying love relationship?

■ Go back to your childhood. Maybe you find it difficult to be a part of an intimate relationship because you have no model to emulate. Did your parents and siblings show love to each other? To you? Your parents may not have been demonstrative together, but you don't have to be that way. Nor must you feel unloved because they didn't seem to give you care or the form you wanted it.

UNDERSTANDING TENDERNESS

When your partner expresses tenderness, accept it. If he comments, "You're so sweet to me," do not turn him off with "Yes, but you're never sweet to me." Do this and you set yourself up for a return crack and discourage further attempts at being loving.

You may think you're expressing tenderness, but watch out—the gesture may be what you want, not what your mate craves. For example, you spend hours on a gourmet dinner. He wants a no-fuss, everyday meal because that won't tire you and you'll be more pleasant. He has told you this. You think you're being nice, but you're not. He wants pleasantness. You provide a fancy meal and a side order of crankiness.

Accept his evaluation of whether you're expressing tenderness and how you do it. Likewise, be sure to let your mate know if he gets through to you.

■ People often have some kind of

■ Remember that *feeling* love is not enough. You must *show* it. Inability to show your love serves as a major marital threat. By letting yourself learn to show love, you strengthen yourself and the relationship. ■

■ To what extent do I relate to my partner as a person? Can you deal with frustration and conflicting needs and still value your mate for his or her unique qualities? You don't have to accept all aspects of his behavior, but you must show respect for your mate and the basic elements of his personality.

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TOTAL SKIN EXAMS

Consider making a yearly visit to the dermatologist part of your medical regimen, right along with your visits to the dentist and the gynecologist. Here's why. A simple, painless procedure known as a total skin examination can lead to the diagnosis of a number of serious illnesses, including skin cancer and AIDS, researchers say. In a study that was recently reported in the *Journal of the American Academy of Dermatology*, 15 percent of the 1,106 patients given the examination were found to have skin lesions that indicated an illness or another problem, such as a fungal infection.

■ During the examination, which takes several minutes, a dermatologist looks at every inch of a patient's skin, from scalp to toes. More than half of the twenty-two malignant tumors found in the study were located on parts of the body that are normally covered.

■ The results of the study seem to justify a complete skin examination for all patients, according to Donald Lookingbill, M.D., professor of dermatology at the Pennsylvania State University College of Medicine, in Hershey, Pennsylvania. Lookingbill says that the reward to patients, whose illness might otherwise go undetected, can be substantial.

A touching discovery

Tender, loving back and neck rubs will not only tell a premature baby he's wanted, they'll also help his physical and mental growth. In studies at Duke University Medical Center, in Durham, North Carolina, and the University of Miami, premature infants who were massaged, and whose legs and arms were regularly moved, showed a 50 percent greater increase in body weight and had better mental and motor development, compared with premature infants who hadn't been massaged as frequently.

Saul Schanberg, M.D., of Duke, said the difference in growth appears to be linked to a brain chemical called beta-endorphin. A high level of the chemical has been found to stunt growth in baby rats. Researchers believe that frequent massaging somehow lowers the level of the chemical in the brain, thus permitting normal growth.

Coping with colic

Every parent knows how difficult it is to soothe a colicky baby. Now there's a device that does it automatically. SleepTight, which is strapped to baby's crib, simulates the motion of a car traveling at 55 m.p.h. In a research project sponsored by the federal National Institute of Child Health, in Bethesda, Maryland, SleepTight lessened colic symptoms in 97 percent of babies tested. The device, developed by a father who noticed that his colicky son stopped crying during a drive to the doctor, costs \$69.95 and can be ordered by calling 800-NO-COLIC.



Diaphragms and infection

Women who wear diaphragms run twice as great a risk of developing a urinary tract infection (UTI) as women who use other forms of birth control. A new study helps explain why. Physicians at Wayne State University, in Detroit, found that wearing a diaphragm puts pressure on the urethra, thus decreasing the rate at which urine flows out of the body. This allows more bacteria to remain in the body, increasing the risk of UTIs such as cystitis. Doctors had believed that the larger the diaphragm, the greater the chance of getting a UTI. But the study found that size makes no difference. David Richardson, M.D., one of the study's authors, says women who wear diaphragms can minimize their risk of infection by urinating before they insert the device and after they have intercourse. They should also drink several glasses of water every day to help flush out bacteria.

Rx: exercise

Until recently, people who suffered from bad backs were warned to avoid strenuous activity. But a take-it-easy approach may not be the best bet. In a study of patients whose back problems were so severe that they had to stop working, researchers at the University of Texas Southwestern Medical Center at Dallas found that 87 percent of those who completed a supervised exercise program were still working two years afterward, compared with only 41 percent of patients who didn't exercise. And twice as many nonexercisers required surgery. Why? Robert Gatchel, Ph.D., professor of rehabilitation science at the center, says the back's supportive muscles will weaken if they're not used. (Of course, if you've suffered a back injury, consult your doctor before exercising.)

Sally Squires is a prizewinning health writer and the author of *The Stoplight Diet for Children* (Little, Brown).

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MEDIPREN MAKES FAST WORK OF TOUGH PAIN.



She's played a hooker, a housewife and a hit woman. Now the sultry actress is starring as a real-life working mother, and she believes it's the best part she's ever had



a new role for

Kathleen Turner

She is wearing a high-necked, long-sleeved black woolen dress. On anyone else the outfit would be demure, but for Kathleen Turner the look is merely a lot more covered-up than we are used to seeing her wear onscreen. And despite the plain-Jane fashion, she looks fabulous. Turner insists, however, that she is still losing some of the weight gained during her pregnancy last year.

"I am working my butt off . . . literally," she says in her distinctive, smoky-throated voice—which probably oozes sensuality even when she is ordering groceries or gasoline. "But losing weight isn't easy when you love pasta with porcini mushrooms." She grins.

Turner is taking a break between scenes on the set of her latest movie, *The Accidental Tourist*, based on Anne Tyler's novel, which pairs her again with William Hurt. It was Hurt, of course, who was her co-star in the explosive *Body Heat*, the film that thrust her into the public eye in 1981 and also earned her a reputation as the sultriest



Kathleen's sole focus was her career before she met her husband, Jay Weiss (top right). Now she's taking more time to cultivate her family life while toning down her fiery onscreen image—above, top to bottom: with Michael Douglas in *Romancing the Stone*, Jack Nicholson in *Prizzi's Honor* and William Hurt in *Body Heat*

(continued)

By Jenny Cullen

Clockwise from top right: James Colburn/Photoreports, Photoleague/20th Century Fox, Yoram Kahana/Shooting Star, Photoleague/20th Century Fox, Douglas Kirkland/Sygma.



*The Fenton Falls Women's Club found quilting
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KATHLEEN TURNER

continued

seductress since Lauren Bacall.

With *Body Heat* followed by the controversial *Crimes of Passion*, Turner became, indisputably, a sex symbol for the eighties. But, she confesses, when that happened, she was uncomfortable with such a label. "Now," says the thirty-four-year-old star, "I find the older I get, the better it sounds."

Today, however, Turner isn't interested in talking about sensuality. Instead, like any new mom, she would rather talk about motherhood. Last October Kathleen gave birth to her first child, Rachel Ann, an event, she says happily, that has changed her life.

"Motherhood has been super. It is nothing like what I was expecting. During my pregnancy, people told me I wouldn't be able to imagine what motherhood was like—holding my child, being with my child. And now I agree. It's quite different from anything I would have imagined. It is frightening because of the responsibility and also because of the baby's dependence. But it is also the most exciting moment-by-moment thing that has ever happened in my life! Every reaction Rachel has, everything I do for her... it is thrilling."

Turner beams: "Women," she commands, "you've got to do it! You've got to have babies!"

When the *Journal* spoke with Kathleen, Rachel was four and a half months old. She had just begun to laugh—big, rolling belly laughs—and her mother was delighted. "It's fantastic," Turner says. "She doesn't really make a normal laughing sound yet; she kind of looks drunk all the time."

Turner shakes her head in wonder. "I tell you, I am learning from this child. It's quite amazing. A baby's reactions are so immediate. There's no process; it doesn't go through the brain to come out as a performance. The reactions are so pure. It's really refreshing—and a little startling."

Less risqué business

Kathleen has found that Rachel has already changed her in many ways she did not expect. "I think I have become more sensitive to certain things," the actress explains, "more aware of things involving children. I am a thousand times more affected by them than I was before and by reading anything about children, the vulnerability of children, or child abuse."

Kathleen, who has always taken risks in her career, playing such diverse roles as the femme fatale, adulterous wife, flamboyant hooker, female

swashbuckler or coolheaded hit woman, now says she doubts she could take a role in a movie that involved a child being harmed in any way.

"The thought of a child being hurt or used badly, the thought of exploiting a situation involving a child. You know, when you use a child for a movie to create fear or pain, now I find that intensely repugnant. Before I wouldn't have thought that way. Having Rachel has changed that."

Motherhood has also made Kathleen question whether she will continue to play the sexually explosive roles that have characterized her career to date.

"Whether I take my clothes off in the future will depend on a number of factors. Obviously, there is the question of having a child and what she will think when she's older. It will also depend on my age and my physical shape, which, of course, changes when I have children. And that will have much bearing as the future opinion of my child. And, as always, it will also depend on the script—what is necessary for the material or the character."

But Kathleen believes the overriding factor in deciding to accept scripts will probably be "the thought of my kid coming home from school one day and saying 'So-and-so saw you naked.' So I think I'll drift away from that sort of role."

Movies and motherhood

Currently, Kathleen finds herself juggling many roles, just like every working mother, as she balances a demanding career with the demands of a family. Until four years ago, she knew very little about domesticity. In fact, she was a workaholic, obsessed with the character she was playing at the moment or contemplating her next move. But all of that changed when she married Manhattan realtor Jay Weiss, with whom she lives in a Greenwich Village townhouse. "Before I met Jay, I had no life except work. But now I have a much life outside my work... with my husband and daughter. So much time striking a balance is difficult."

"It is a struggle," she says. "As a mother, for example, was always honest with the four of us when we were kids. And I guess I use her as my role model. So these days I find that I'm a bit tougher when I'm not with my child as much as I feel I should be. I spend as much time with Rachel as I can. I probably have a lot more leeway than most working women who are trapped in an office day. I have blocks of time when I'm filming, and even when I am working I can bring Rachel to my trailer on the set—where I can be with her between scenes. I

(continued on page 1)

SPECIAL LHJ SURVEY

What are you reaching for?

What are your greatest dreams? To be rich and famous? To do something daring—or noble? To be recognized as the best in your field? In this, the seventh annual

Ladies' Home Journal reader survey, we'd like you to share with us your aspirations for yourself and for those you love. Please check only one response to each of the following questions. The information you provide will be analyzed by researchers at St. John's University, in Jamaica, New York, and in a future issue we'll publish a report based on the findings. So please take part—you'll find this special survey not only interesting but inspiring!

The inner you

1. Are you making the most of your life?

- Yes ☐ 1-1
No, and I don't think I ever will ☐ 2
I'm in a holding pattern, but I'll break out of it ☐ 3

2. Do you feel you deserve the best life has to offer?

- Yes ☐ 2-1
No ☐ 2

3. Do you take time to reflect on what you want in life?

- Often ☐ 3-1
Sometimes ☐ 2
Never ☐ 3

4. What do you think your life will be like in five years?

- I'll have a better job ☐ 4-1
My family will have more financial security ☐ 2
I'll have more time ☐ 3
My life will be more interesting ☐ 4
My life will be about the same ☐ 5

5. If you could do one thing to improve yourself this year, what would it be?

- Go back to school ☐ 5-1
Learn a new sport or skill ☐ 2
Get counseling to feel better about myself ☐ 3

Improve my appearance in some way ☐ 4

6. I'd like my life to have:

- More excitement ☐ 6-1
More peace and quiet ☐ 2
More time for spiritual needs ☐ 3
More time for my own interests ☐ 4

7. What gives you greatest satisfaction?

- Doing a good deed for someone ☐ 7-1
Achieving personal success ☐ 2
Making my family happier ☐ 3

8. Is there an "impossible dream" you've given up?

- Yes, to be a performer—e.g., an entertainer, a movie star, a ballerina ☐ 8-1
Yes, to marry a rich man ☐ 2
Yes, to be a best-selling author ☐ 3
Yes, to move to a big city ☐ 4
My dream did come true ☐ 5
I never had an "impossible dream" ☐ 6

9. Is anything keeping you from making your dreams come true?

- No ☐ 9-1
Yes, not enough money ☐ 2
Yes, not enough education ☐ 3
Yes, not enough self-confidence ☐ 4
Yes, my family's needs ☐ 5

10. What are you reaching for most now?

- A more satisfying job ☐ 10-1
Financial security ☐ 2
A better marriage ☐ 3
Being the best mother I can ☐ 4
Just being a better person ☐ 5
I'm happy the way I am ☐ 6

11. Are you basically proud of yourself?

- Yes ☐ 11-1
No ☐ 2

12. Do you ever feel ashamed of yourself?

- Never ☐ 12-1
Sometimes ☐ 2
Often ☐ 3

13. Are you envious of the rich and famous?

- Yes ☐ 13-1
No ☐ 2

14. Do you think you are ambitious?

- Yes, very ☐ 14-1
Somewhat ☐ 2
No ☐ 3

15. Do you think you're lovable?

- Yes ☐ 15-1
No ☐ 2

16. Do you think you're a good-hearted person?

- Yes ☐ 16-1
No ☐ 2

By Clive Enos, Ph.D., and Sondra Forsyth Enos

SPECIAL LNU SURVEY

What are you reaching for?

17. What is your best quality?

- Patience ☐ 17-1
Intelligence ☐ 2
Compassion ☐ 3
Self-confidence ☐ 4
Perseverance ☐ 5

18. What is your worst quality?

- Procrastination ☐ 18-1
Bad temper ☐ 2
Low self-esteem ☐ 3
Compulsiveness ☐ 4
Impatience ☐ 5

19. Are you a risk-taker?

- Yes ☐ 19-1
No ☐ 2
Not since I became a mother ☐ 3

20. Which risk would you be most willing to take?

- Stand up for an unpopular cause ☐ 20-1
Be the lone holdout on a jury ☐ 2
Give up a secure job to start my own business ☐ 3
Invest in a speculative stock ☐ 4
Learn a risky sport such as skydiving or ski jumping ☐ 5

21. What do you dream of most?

- Being superrich ☐ 21-1
Being famous ☐ 2
Being the best in my field ☐ 3
Being truly happy ☐ 4
Being in a position to help others ☐ 5

22. Do you cope well with change?

- Yes ☐ 22-1
No ☐ 2

23. Do you consider yourself a spiritual person?

- Yes ☐ 23-1
No ☐ 2

24. What great honor would you most like to receive?

- Academy Award for Best Actress ☐ 24-1
Pulitzer Prize for fiction ☐ 2
Nobel Peace Prize ☐ 3
Miss America ☐ 4
Olympic medal ☐ 5

The outer you

25. What's your ideal figure?

- The one I have ☐ 25-1
I'd like to be thinner ☐ 2
I'd like to be taller ☐ 3
I wish I had bigger breasts ☐ 4

26. What is your ideal look?

- Pretty and very feminine ☐ 26-1
Sexy, sensual ☐ 2
High fashion, trendy ☐ 3
Elegant, classic ☐ 4

27. Do you think you look better now than you did when you were younger?

- Yes ☐ 27-1
No ☐ 2

28. Do you look your age?

- Yes ☐ 28-1
No, I look younger ☐ 2
No, I look older ☐ 3

29. What is your worst beauty problem?

- I'm overweight ☐ 29-1
I'm too thin ☐ 2
My hair is impossible ☐ 3
I don't have good skin ☐ 4
My features are uneven ☐ 5

30. Would you consider having plastic surgery to look younger or prettier?

- Yes ☐ 30-1
No ☐ 2
I've had cosmetic surgery ☐ 3

31. Do you use cosmetics designed to minimize wrinkles?

- Yes ☐ 31-1
No ☐ 2

32. How many cosmetics do you own?

- Ten or less ☐ 32-1
Eleven to twenty ☐ 2
Twenty-one to thirty ☐ 3
More than thirty ☐ 4

33. How often do you buy new makeup?

- Daily ☐ 33-1
Monthly ☐ 2
Seasonally ☐ 3
Never ☐ 4

34. When was the last time you changed your hairstyle?

- Within the last year ☐ 34-1
Within the last two years ☐ 2
Within the last five years ☐ 3
Five or more years ago ☐ 4

35. What beauty treatment are you most likely to indulge in?

- Professional haircut ☐ 35-1
Professional manicure or pedicure ☐ 2
Professional facial ☐ 3
Professional massage ☐ 4

36. How often do you buy new clothes?

- All the time ☐ 36-1
Every season ☐ 2
Once or twice a year ☐ 3

37. How do you choose your clothes?

- I follow the latest trends ☐ 37-1
I stick with the classics ☐ 2
I buy what's on sale ☐ 3

38. How many daytime outfits do you own (include dresses, suits, pants outfits)?

- Twenty or more ☐ 38-1
Forty or more ☐ 2
Sixty or more ☐ 3
Eighty or more ☐ 4
One hundred or more ☐ 5

39. How many pairs of shoes do you own?

- Ten or fewer ☐ 39-1
More than ten ☐ 2
More than twenty ☐ 3
More than forty ☐ 4

40. Do you like going shopping?

- Yes ☐ 40-1
No ☐ 2

41. What fashion luxury would you like most?

- A fur coat ☐ 41-1
Fabulous jewelry ☐ 2
Expensive designer handbags and shoes ☐ 3
A totally revamped wardrobe ☐ 4

42. What's your most treasured household possession?

- A family heirloom ☐ 42-1
A piano ☐ 2
China and silver ☐ 3
A special piece of furniture ☐ 4

43. Do you consider yourself a good cook and hostess?

- Yes ☐ 43-1
No ☐ 2

44. Whom do you entertain most?

- Family ☐ 44-1
Friends and neighbors ☐ 2
Business associates ☐ 3

45. Do you live better than your parents did?

- Yes ☐ 45-1
No ☐ 2

46. What's your dream home?

- A mansion on a hill ☐ 46-1
A contemporary house on the beach ☐ 2
A fabulous penthouse in the city ☐ 3
A rustic hideaway in the mountains ☐ 4

MORE SURVEY ON PAGE 81



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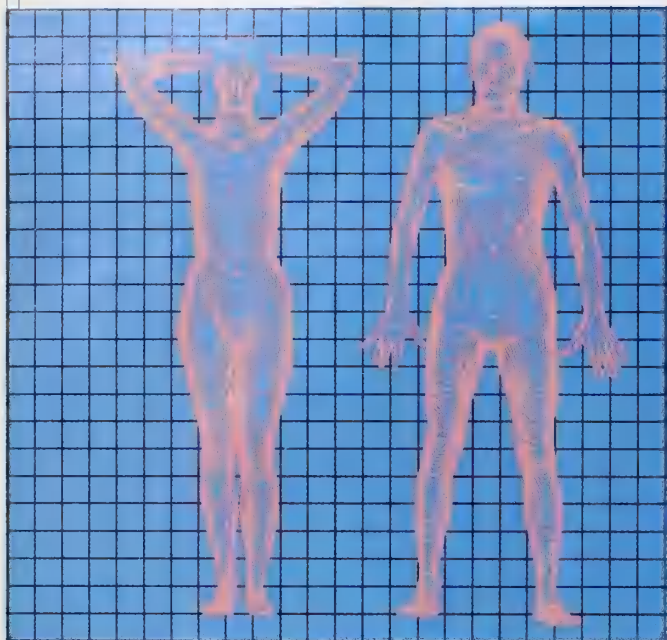
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More than a treatment for regularity,
FiberCon treats you and your *entire body*...to more
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Whatever laxative
you're using now,
whether it's a fiber
or a stimulant, you're in for a
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It's called FiberCon.

A revolutionary fiber
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more healthful way, without using

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working, FiberCon also releases

a vital nutrient missing from many diets. And you need



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unwanted "empty" calories, either.

FiberCon contains *no sodium*, and

less than *one calorie* per tablet. Why

not discover FiberCon for yourself.

It's a treatment for regularity... and

much, much more.



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it's *needed*, not in your *stomach*. And
your system back to normal regularity.

FiberCon restores regularity in a

the harsh, irritating chemicals found

Correctol®. But the benefits of

only *start* there. Because while it's

significant amounts of *pure calcium*,



FiberCon.
More benefits
for your body.



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Your relationships

- 47. Are your husband's achievements a major source of pride for you?**
 Yes ☐ 47-1
 No ☐ 2
- 48. Do you and your husband have the same goals?**
 Yes ☐ 48-1
 No ☐ 2
 I really don't know ☐ 3
- 49. Do you work to improve your marriage?**
 Yes, I read articles and books ☐ 49-1
 Yes, we've had counseling ... ☐ 2
 We just seem to have a good marriage naturally ☐ 3
 No ☐ 4
- 50. Do you work to improve your sex life?**
 Yes, I read articles and books ☐ 50-1
 Yes, we use erotic materials . ☐ 2
 Yes, we've had counseling ... ☐ 3
 Good sex just comes naturally for us ☐ 4
 No ☐ 5
- 51. Are your children's achievements a major source of pride in your life?**
 Yes ☐ 51-1
 No ☐ 2
- 52. Are your children turning out the way you hoped?**
 Yes ☐ 52-1
 No ☐ 2
- 53. Who was your main inspiration or mentor?**
 My mother ☐ 53-1
 My father ☐ 2
 A teacher ☐ 3
 A celebrity ☐ 4
 A colleague or boss ☐ 5
- 54. Which is most true about your friendships?**
 I have a lot of friends ☐ 54-1
 I have only one or two close friends ☐ 2
 I have acquaintances but no real friends ☐ 3
- 55. Do you wish you knew more interesting people?**
 Yes ☐ 55-1
 No ☐ 2

Your work life

- 56. Are you happy with your job?**
 Yes ☐ 56-1
 No ☐ 2
 Don't work outside home ☐ 3

- 57. In what way would you most like to change your job if you could?**
 Higher salary ☐ 57-1
 More flexible hours ☐ 2
 Less pressure ☐ 3
 Better boss ☐ 4

- 58. Do you dream of having your own business?**
 Yes ☐ 58-1
 No ☐ 2
 I do have my own business .. ☐ 3

- 59. Do you ever dream of starting a brand-new career?**
 Yes ☐ 59-1
 No ☐ 2
 I did start over ☐ 3

What is
your life's
greatest
dream?
Tell us
about it!

- 60. Would you rather work or play?**
 Work ☐ 60-1
 Play ☐ 2

- 61. If you won the lottery, would you quit working altogether?**
 Yes ☐ 61-1
 No ☐ 2

- 62. Do you think you are living up to your career potential?**
 Yes ☐ 62-1
 No ☐ 2

- 63. What is your biggest disappointment about your work?**
 I wish it were more glamorous ☐ 63-1
 I wish it were more meaningful ☐ 2
 It's monotonous ☐ 3
 I don't like my co-workers ... ☐ 4
 I'd like more power and recognition ☐ 5

- 64. What is most satisfying about your work?**
 The self-esteem it gives me .. ☐ 64-1

What are you reaching for?

- The money ☐ 2
 My relationship with co-workers ☐ 3
 The sense that I'm doing some good ☐ 4

The civic you

- 65. Do you do volunteer work and/or fund-raising?**
 Yes ☐ 65-1
 No ☐ 2

- 66. Where are you most likely to donate money?**
 To my church ☐ 66-1
 To charitable organizations .. ☐ 2
 To political groups ☐ 3
 I don't donate ☐ 4

- 67. Are you active in local politics?**
 Yes ☐ 67-1
 No ☐ 2

- 68. Do you vote regularly?**
 Yes ☐ 68-1
 No ☐ 2

- 69. What social concern do you feel most strongly about?**
 The homeless ☐ 69-1
 Caring for AIDS victims ☐ 2
 Better programs to help the poor ☐ 3
 How to pay health costs of the aged ☐ 4
 Better education in our schools ☐ 5

- 70. Were you or are you involved in movements for peace, equal rights, a nuclear freeze?**
 Yes ☐ 70-1
 No ☐ 2

The philosophical you

- 71. Do you feel you've lived a worthy life thus far?**
 Yes ☐ 71-1
 No ☐ 2

- 72. Do you have any personal regrets?**
 Yes, I wish I'd done more for others ☐ 72-1

82

Alive with pleasure! **Newport**



*After all,
if smoking isn't a pleasure,
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Kings: 17 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report February 1985.

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The Country Store Dolls

America's best-loved trademarks re-created in an heirloom collection of twelve hand-painted porcelain dolls.



The cheerful little Dutch Boy is still painting everything in sight. And you can tell from his happy smile that he really enjoys his work.

They were an unforgettable part of our childhood...and of our parents' as well. Trademark symbols, often an engaging little girl or boy, that crowded the shelves in every country store.



Here is the bright-eyed Morton Salt Girl, oversized umbrella and all in her sunny yellow and white frock. Her upside-down salt box proving through the years, "When it rains, it pours."

Shown smaller than actual size of approximately 12".

An American Tradition.

Now you can have those assured old trademarks in a dazzling reincarnation... as charming porcelain collector dolls. Each one individually handcrafted and hand-painted capture all of the youthful charm of the original character. And each imported doll has been officially authorized by the company it represents.

The yawning Fisk Tire Toddler who hasn't slept a wink in 79 years) makes it's definitely "Time to Re-Tire."



There are twelve different Country Store dolls in all. They include the Fisk Tire Toddler... Coats & Clark's pinafored young lady... the eager little Dutch Boy painter... the Morton Salt Girl... the Ceresota Flour farm boy... and the pretty Mary Jane. Each

costume is hand-detailed in fine fabrics, and every accessory is authentically re-created.

But remember, The Country Store Dolls are available *only* from Franklin Heirloom Dolls. Be sure to return your application by July 31st.

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Franklin Center, Pennsylvania 19091
Please enter my subscription for The Country Store Dolls, to be crafted with all-porcelain heads, arms, legs, hands and feet.
I need send no money now. My dolls will be sent to me at the rate of one every other month, and I will be billed in two monthly installments of \$30.* for each one, beginning when the first doll is ready to be sent to me.

*Plus my state sales tax and a total of \$3. for shipping and handling.

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EASY AS 1·2·3

A speedy summer supper. Next page, a fabulous Fourth of July cake, cool summer soups, and more



Menu

FOR FOUR

**Open-Face
Salmon
Sandwich**

**Pea and
Cucumber Salad**

**Papaya à la
Mode**

OPEN-FACE SALMON SANDWICH

Salmon salad flavored with dill makes a satisfying supper.

Toast 4 slices pumpernickel bread. Meanwhile, in medium bowl combine 2 cans (6½ or 7½ oz. each) salmon, well drained, with ⅓ cup mayonnaise, 1 chopped celery rib, 2 tablespoons minced red onion, 2 tablespoons chopped fresh dill, 1 tablespoon fresh lemon juice and ½ teaspoon freshly ground pepper. Spread toast with mayonnaise. Cover with a lettuce leaf and top with salmon mixture. Garnish with cherry tomato halves.

PEA AND CUCUMBER SALAD

Want to stay cool as a cucumber? Whip up this fast hot-weather treat.

Using a strainer, rinse 1 cup frozen baby peas under hot water to thaw; drain. Set aside.

In medium bowl whisk together 1 tablespoon red wine vinegar, 1 teaspoon Dijon mustard, 1 small garlic clove, pressed, and ¼ teaspoon each salt and pepper. Gradually whisk in 3 tablespoons olive oil. Add 1 cucumber, peeled, seeded, quartered and sliced, the baby peas and 2 green onions, chopped. Toss well and spoon into lettuce cups.



PAPAYA À LA MODE

To get the most from this tropical fruit, select a firm papaya with an unblemished, mostly yellow skin.

Quarter and seed 1 papaya. (Reserve the seeds if desired; they are edible.) Squeeze the juice of half a lime over papaya and top each quarter with 1 scoop strawberry or raspberry sorbet.



Menu developed by
Lisa Brainerd

Photos: Thom DeSanto; Prop stylist: Debrah Donahue



MAKE THE 4TH A BLAST. WITH HELLMANN'S.

DYNAMITE POTATO SALAD



- 1 cup Hellmann's® Real Mayonnaise, or Hellmann's® Light Reduced Calorie Mayonnaise.
- 2 tablespoons vinegar
- 1½ teaspoons salt
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 4 cups cooked, cubed, peeled potatoes (5 to 6 medium)
- 1 cup sliced celery
- ½ cup chopped onion
- 2 hard-cooked eggs, chopped

In large bowl stir first 5 ingredients until smooth. Add remaining ingredients; toss to coat well. Cover; chill. Makes 5 cups.

For The Best Of Times, Bring Out The Best.



star-spangled banner cake

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JULY IS A FESTIVE TREAT EVEN TOTS

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FOOD CAKE, FROST WITH VANILLA

ICING OR WHIPPED CREAM, THEN

STAR-AND-STRIPE IT WITH FRESH

STRAWBERRIES AND BLUEBERRIES.

LHJ's picnic guide

Tips for easy packing and food safety. ■ Preheat or prechill thermal containers before filling. To chill, fill container with ice water for ten minutes. To heat, fill with hot water. ■ Prepare cold foods in advance and chill overnight. ■ To keep food hot, wrap in foil, six sheets of newspaper and a beach towel; food will stay hot for two hours. ■ If you're bringing juice, buy individual-serving cans or boxes and freeze overnight. The juices will stay colder longer and help keep the rest of the food cold. ■ To tote flatware neatly, wrap each place setting in a napkin, and secure with a rubber band. ■ Don't forget garbage bags, such as Hefty Cinch Saks, for cleanup.

COOL summer soups

Cold Beet-Dill Soup Drain the juice from a 16-oz. can of whole beets into a medium bowl. Grate beets in food processor; add to bowl. Add ½ cup sour cream, 1 tablespoon each chopped green onion and dill. Stir in 4 teaspoons lemon juice, ¼ teaspoon each grated lemon peel, salt and freshly ground pepper. Makes 4 servings.

Chilled Mint-Cucumber Soup Peel, halve and seed 2 cucumbers; grate into a large bowl. Stir in 2 cups milk, 1 cup plain yogurt, ¼ cup chopped mint, 2 minced green onions, 1 tablespoon lemon juice, 1 teaspoon salt and ½ teaspoon freshly ground pepper. Refrigerate until chilled. Makes 4 servings.

Spicy Tomato Soup In bowl combine 2 cans (6 oz. each) vegetable juice, 2 cans (6 oz. each) spicy vegetable juice, 1 tomato, diced, ¼ cup diced yellow pepper, ¼ cup chopped green onion, 2 tablespoons chopped cilantro, 2 teaspoons lemon juice and salt to taste. Chill. Serve with diced avocado. Makes 4 servings.

MICROWAVE CORN RELISH

Use the season's bounty of fresh corn. In 1-quart microwaveproof bowl combine 1½ cups whole-kernel corn, ½ cup chopped red pepper, ½ cup chopped onion, ¼ cup cider vinegar, 3 tablespoons sugar, 2 minced jalapeño chilies, 1 teaspoon salt and ¼ teaspoon cumin seed. Cover with plastic; vent. Microwave on High 8 minutes, stirring once. Spoon into two 8-ounce jars. Chill. Makes 2 cups.



SUMMERY ROTINI



Select Deli Salad

- 1/2 of (1-pound) package Creamette® Rainbow Rotini, uncooked
- 1 (9-ounce) package frozen artichoke hearts, cooked and drained
- 1 (5-ounce) pepperoni stick, sliced
- 1 cup sliced fresh cauliflowererets
- 1 cup small fresh broccoli flowerets
- 1 cup diced Monterey Jack cheese
- 1/2 cup sliced green onions
- 3/4 cup vegetable or olive oil
- 1/4 cup red wine vinegar
- 1/2 teaspoon Italian seasoning (optional)

Prepare Creamette® Rainbow Rotini according to package directions; drain. In large bowl, combine rotini and remaining ingredients; toss to mix. Cover; chill thoroughly. Toss gently before serving. Refrigerate leftovers. 6 to 8 servings. © 1988 The Creamette Co


**RAINBOW
ROTINI**



Creamette
BRAND

ENRICHED

Doesn't Your Recipe Deserve Creamette?



A father's story

His little girl was becoming a woman. How would you expect him to feel?

There were spring evenings when he could remember what it felt like to be seventeen. Coming home from work in his four-door sedan, he'd open the window, turn up the rock station and smell the gas fumes competing with the scent of freshly mown grass. He didn't dare look in the mirror to see the gray, or worse, the wrinkles under his eyes. Even if it lasted for only ten minutes, Bob wanted to keep the dream; he was cruising over to Elizabeth's house in his '57 Chevy. After he picked her up, they'd go to the lake. Wading into the darkness, with Elizabeth and his friends all laughing and chattering around him, Bob would think, We are the first, the very first, to feel so alive.

"Hey, baby," he'd call when he pulled into the driveway and found Barbie in the yard.

"Oh, you're back in (continued)



By Kathleen Ford

Never Shave Your Legs Again!

**Completely Outmodes Shaving,
Waxing, and Depilatories.
One Use Lasts Up To 6 Weeks,
Leaves Legs Soft and Smooth.**

Epilady

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ON
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Throw out those razors ... stop those trips to expensive salons for waxing ... already the rage in Europe (**over one million sold**)...now Epilady is breaking all sales records across the U.S.A.

Even if you now shave your legs every day, you'll only have to use Epilady once every 3 to 6 weeks, **and you'll still have smoother, sexier, hair-free, and care-free legs for all that time.**

A patented revolving coil rotating thousands of times a minute removes hair right at the root, so hair grows back slower, and when it comes back, it's softer and silkier.

Unlike Epilady, shaving can leave you with nicks, and even hair stubble within hours. Depilatories are awfully smelly and messy. And the cost of waxing is outrageous.

Try Epilady with our money back guarantee. At first there is a tingling sensation that you'd feel with waxing, but stick to it because that will diminish with each use, and we guarantee in the end you'll agree that it's the absolutely best and easiest way to keep your legs hair-free and soft as silk.

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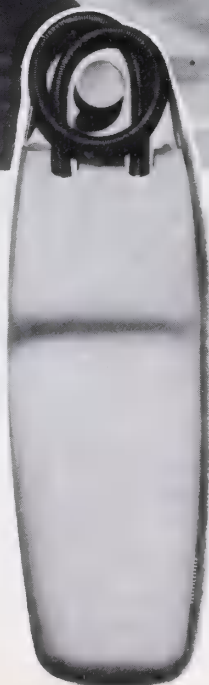
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Try real Hormel Ham Bits, and Pepperoni Bits, too.



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■ A FATHER'S STORY

continued

1962 again," Barbie would say, rolling her eyes. A minute later she'd be heading down the block looking for their boys, Robbie and Tim. Bob would think: In 1962 Barbie was only five years old.

Bob would stay in the car, trying to keep the feeling for another minute, but it was useless. It was gone when he saw his young, short-haired wife, gone when his boys, aged five and three, ran to him from their Big Wheels. They wanted to be tossed in the air and rolled on the ground. They wanted their father to swing them and spin them, to growl into their rounded bellies until they were giddy.

As the spring grew later, Bob would begin preparing for Marcy, his daughter by his first wife, Elizabeth. Each summer Marcy had flown across the country to visit Bob and his new family for a month. She would be fifteen this summer, but Bob was not worried about adolescent rebellion. He spoke to his daughter once a week, and every two months he would phone Elizabeth to see how Marcy was doing. Marcy was a good student, a serious dancer and a beautiful girl. Elizabeth, who tried hard not to

self-satisfied, had said that Bob was in for a treat this summer. "She's really lovely," Elizabeth said. "But this may be the last summer she'll be going out west. She'll want to work at the dance camp all summer next year."

Bob had no desire to think ahead to a summer when Marcy wouldn't visit. Even this summer, her usual stay would be cut short because she was going to the dance camp in August.

As the day of Marcy's arrival grew near, Bob began coaching the boys. "I want you guys to be nice to your big sister. No running into the guest room where she'll be sleeping. No going through her things, okay?"

"Sure, I know," Robbie said. Tim had no idea who Marcy was, and no matter how many times Bob or Barbie explained, he couldn't understand. They felt sure that in his mind, Marcy was another baby-sitter, like Susan, the girl who lived next door.

"Don't be so nervous," Barbie said after listening to Bob's instructions to the boys. "Marcy always has a good time. She and Susan will probably spend every day at the pool the way they did last summer. You're such a good father, but you worry too much."

Bob nuzzled his face into Barbie's sleek neck. She understood how important it was that Bob be a father to

Marcy. During the early years, when Marcy was small, Bob was nowhere in sight: He'd moved to California. Elizabeth would always be grateful to Bob for allowing him to pick up his fatherhood when Marcy was seven years old.

Bob and Elizabeth had married when they were nineteen. The wedding, complete with Mexican wedding clothes and flower wreaths scented with spices, had been a celebration of their love and of their time. Bob had stood in his embroidered white shirt, holding Elizabeth in her embroidered white dress, and together they stood like candles in the dark of Elizabeth's parents' garden. Leaving the reception, they had walked barefoot through the thick, cool grass.

Three years later, when Marcy was a baby, the marriage fell apart. They were both adulterers, and the weight of their sins brought their union to an end. Bob left for graduate school in the West. Elizabeth, helped by her parents, finished college with straight A's, then went to law school at night. She was now a partner in a law firm.

Three hours before Bob is to leave for the airport, Susan calls from next door to be sure her friends are still coming to visit.

"Please have (continued on page 1)

LASTING PAINLESS HAIR REMOVAL IS NOW IN YOUR HANDS. FINALLY FREE



You don't have to suffer to be beautiful anymore. Now there's Finally Free. A new method of hair removal for the most sensitive areas, so advanced it makes waxing, shaving, tweezing—even electrolysis—obsolete.

Finally Free took seven years of research to develop. It uses the same energy as electrolysis, except there's no needle and no heat. So there's no pain, not even a stinging.

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WHAT'S HOT! THE WORLD'S NO. 1 SUPERSTAR



the unknown Stallone

Announce you are going to interview Sylvester Stallone, and the wisecracks come as furiously as the rocket fire in a *Rambo* movie: "The dumbbo with a penchant for bimbos? How can you interview him? He only grunts." Or, "He's heavy on muscle, light on IQ—take a book, you won't have a lot to talk about."

Do more research, and those who know him say he's intelligent, well-read, charming and funny.

The visual clues from his surroundings are as conflicting as the reports about his personality. Clear the tight electronic security surrounding his home high in the Hollywood Hills, and you're met by several large-muscled men. Their tough-guy, tat-

toed presence clashes alarmingly with the pretty pink house and the pansy-filled flower beds.

Inside the house, the decor is just as confusing. An entire wall is lined with a malevolent collection of knives. Such deadly decorations are not surprising for the man who put macho on the map. But hanging opposite them, less than five feet away, are museum-quality paintings—a Chagall and a Magritte.

Mr. Biceps-and-Beefcake buys art? Stallone not only buys it, he can discourse very knowledgeably on the subject, which is as it should be for a man whose art collection, which also includes two Rodins, is said to be worth upward of \$20 million. But there is more to Sly than art. In an hour he'll talk cogently on subjects ranging from geopolitics to

**Don't take him
at face value—
there's a lot
more to Sly than
meets the eye**

poetry and bemoan the lost art of conversation.

But if you judge him by his appearance as he walks into the room, then you might expect him to grunt. Seeing him dressed in jeans, tan ostrich leather boots, a torn-sleeved black T-shirt with "Harley—Too Tough To Die" emblazoned across his powerful pectorals, and a gold earring in his left ear, it is easy to confuse the public persona with the private man. And most people do.

"It hurts, of course it hurts," says the forty-two-year-old star in his basso profundo drawl, as he sprawls across a large armchair. "I remember how it felt when I was labeled 'the dumbest piece of meat in Hollywood,' even if I was labeled that by someone who had never met me. It's ironic, really, that because of the characters I play, the power of the medium has indelibly stamped that impression of me on people. Now when I walk into a room and start talking, people think I'm putting them on. They don't look beyond the clothes, the long hair. They don't realize that this garb is a uniform—the blue-collar casualness uniform of the army I'm part of right now. Instead, they decide I'm uncultured. It's funny because I really do consider myself a thinker.

"I get misread all the time, I get bad-mouthed a lot. I just saw in a magazine, for example, that I'm the most hated man in Hollywood. Since I've only been to about eight parties in twelve years, I'm hated purely by hearsay and, of course, (continued)

By Jan Goodwin



You don't need a collar to need Wisk.®



Wisk cleans ring around the collar and your whole wash.

WHAT'S HOT

SYLVESTER STALLONE

(continued) because I make a lot of money."

Stallone certainly does that. He's the world's highest-paid superstar. His role in *Rambo III*, which opened on May 25, brought him \$16 million. The next-highest-paid celebs, like Redford or Warren Beatty, make a mere \$6 million. If that sum isn't staggering enough, Sly recently signed a contract for *Rocky V* that will bring him a stratospheric \$30 million. And those megamillions are just for acting in the movies. Stallone also receives between 15 and 35 percent of all profits, sums not to be sneezed at when you realize that *Rocky* alone made \$370 million worldwide! "Sure, the figures are obscene," he agrees, grinning.

With that kind of money involved, it isn't surprising that Stallone inspires venomous jealousy. Sly, however, attributes it more to "a facet of the human psyche." Taking a sip of ginseng tea, he says, "You root for the underdog. The underdog becomes the overdog, and you want to take him to the dog pound. We always want to escalate people to a certain height, and then when they get there, the thrill is gone. You see it all the time in politics; you see it with Michael Jackson, with Stevie Wonder. If I went to a rehabilitation center and managed to kick drugs or alcohol, they'd say, 'Oh, thank God. Now, let's put him back up again.'"

Sly, of course, thinks too much of fitness to indulge in booze or drugs. He's worked too hard and too long, two hours a day for years, to get his five-foot-ten-inch, one-hundred-eighty-pound body as taut and as toned as it is today. Looking at him now, it's hard to believe that he was once such a skinny runt—"a major ectomorph," as he terms his childhood self—that kids made his life a misery and called him "Sylvia." But it wasn't just his physical size that made his early life a misery. Kids also plagued him about a speech problem and about his droopy eyes and downturned mouth, which looks as though it is in a perpetual sneer. "These problems all have one cause," explains Sly. "I was born by a forceps delivery, and the forceps severed a nerve on the left side of my face. Every couple of years my left eye gets lower, and I have to have it

fixed, and they tighten the muscle on that side again.

"Growing up, I knew I was different, always." Sly admits that with that kind of beginning, coupled with the fact that he grew up dirt-poor in New York's Hell's Kitchen, he very easily could have gone bad. "I was delinquent in those days. I used to beat up on cars, beat up on authority. Anything to shock. I'm iconoclastic; I still sometimes do things just for shock value. I suppose the need for attention, that insecure little boy, is still rattling around inside."

But it was Stallone's early insecurity, that negative "I'll show them" propulsion that drove him to succeed. It wasn't easy. Sly was married to his first wife, Sasha, and down to his last \$100 when he sold the script of *Rocky*. The rest, of course, is history. But as his career soared, his personal life was a lot less successful. Today, when Stallone is asked what he would change if he could change one thing in his life, he doesn't pause before saying simply, "My marriages. I don't think I should have gotten married. I was too engrossed in my professional life. Now I want to go it alone for a while. I don't want to think about marriage for at least ten years."

Cynics might suggest Stallone wants to stay single because he can't afford to be married. Marriage, or more specifically divorce, has cost him a fortune. His first wife, the mother of his two sons, received

\$35 million in their divorce settlement. Married for ten years, the couple are still friends. Stallone's second marriage, to Brigitte Nielsen, a six-foot blond Danish stunner, was a lot more turbulent and a lot more talked about and cost him \$500,000—\$1,000 a day for every day she was Mrs. Stallone. The marriage soured after reports of Nielsen's affairs with her *Beverly Hills Cop II* director and her female secretary, Kelly Sahnger.

How did he feel when the rumors began about his wife's bisexuality? "It made me violently angry. I lived with Gitte, and I never had any inkling of that. And then I was brought into it, accusations saying that I was watching two women perform . . . are they crazy? Who is it who claims to know these things? I have no reason to believe that Gitte's relationship with Kelly involved lesbianism."

Sly shakes his head, "I'm not sure what went wrong with my relationship with Gitte. When I reflect back on it, which I don't do a lot, because it is very painful, I know I never met a more endearing person in my life and probably never will. She could walk into a room and make everyone from a king to a waiter feel important. She was very vivacious, very outgoing, full of boundless energy. (continued)



"I'm afraid to fall in love again"



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The afternoon sun
did wonders for my
geraniums, but wilted me.

So I cooled off
with a tall glass of
Sparkling Café,

and watched my
garden grow.



SPARKLING CAFE INTERNATIONAL

- 3 well-rounded tsp. of General Foods® International Coffees Dutch Chocolate Mint or any other flavor
- 2 Tbs. hot water
- $\frac{3}{4}$ cup club soda or natural sparkling mineral water
- crushed ice or ice cubes
- $\frac{1}{4}$ cup ice milk

For one serving, spoon General Foods® International Coffees into a tall glass. Add hot water and stir until coffee is dissolved. Pour in soda gradually, mix well, add ice. Top with ice milk. Garnish as desired.



Celebrate the moments of your life with General Foods® International Coffees.

WHAT'S HOT! SYLVESTER STALLONE

(continued) "Maybe it was the kind of relationship that has a time limit—it starts as white heat and burns itself out." And Sly definitely got burned. One of the gifts he gave Gitte when they married was a \$20,000 marble table with a picture of herself etched on the top. Who got the table when they broke up? For the first and only time in the interview, Sly, who is quick with a quip or off-the-cuff remark, was silent.

"It was shattered," he said finally. "I broke it. I thought it was . . . the end of a relationship, and it was too painful to look at, so I thought it would be a gesture worthy of my personality."

The black side of Sly's personality usually manifests itself not in violent outbursts but in what he calls dark passion. "I've been known to get into deep depressions and not speak for three or four days. I was such fun to be with even dogs would evacuate. And during these times I used to take all my frustrations out on the relationship I was in, so possessive it was smothering. But I've learned control."

One thing Sly is still struggling to control is his tendency to reject in a relationship before he can be rejected. "Yes, when I see the writing on the wall, well, do you want to resign or be fired?" he asks. It is this self-doubt that was the underlying reason for his infidelity in his marriage to Sasha, he says. "When I feel the attention is waning at home, and maybe it's my fault because I'm not at home much, then I seek companionship. That's why I think I got involved with Joyce Ingalls and Susan Anton during my first marriage. Sasha and I have discussed this often.

"At the beginning of both my marriages, and for a long time, I tried to be faithful. Fidelity is the utmost in a relationship. But I've always had a rapport with women; I truly enjoy them. What are you going to do without them? Ride horses all the time? [Sly is a skilled horseman and polo player.] Tune up your motorcycle? That gets old, believe me."

But despite his fondness for the opposite sex, marriage-shy Sly insists, "I don't want to fall in love again for a while. I have a fear of falling in love, because my tendency is to become very involved, and then the rest of my world becomes secondary." And to make sure he doesn't get the

chance to be smitten again, Sly is dating a variety of women. Among those he sees regularly are Cornelia Guest and Vanna White. Cornelia is a twenty-four-year-old former debutante whose godfather was the Duke of Windsor. Earlier this year, headlines insisted that Cornelia, now an actress-in-training, was about to become Mrs. Stallone III. "Cornelia and I see each other every couple of weeks. Not more; I'm afraid of commitment. We never discuss marriage, nor am I thinking about it. But if we'd met at a different time in my life, I absolutely could see being married to her. Cornelia is a very dear person, extremely underestimated. She's extraordinarily clever, and she understands a lot more psychologically than most women her age. The environment in which she grew up is very maturing."

What Sly also enjoys about Cornelia is her thoughtfulness and her recognition that he is a sentimental softy. "You know the sort of thing, telegrams on certain occasions . . . she sent my favorite Thanksgiving food to me when I was on location in Israel last year. Cornelia is a master at that sort of detail, the sort of person who focuses her life on making your life as exciting as possible."

And Vanna? "I've known Vanna for eleven years. She truly is a good soul. I date her, but I purposely don't see the same person over and over right now."

Sly may enjoy what used to be called playing the field, but he agrees that being single in the AIDS era is frightening. "AIDS scares me. But I refuse to become cloistered over it. I did a lot of research; I've talked to medical people, heads of local AIDS councils. I know which lifestyles are more vulnerable. But because none of us can know who our lovers have slept with in the last ten years, people lie about their past—I've changed my lifestyle."

Would Sly take an AIDS test? "You know how many AIDS tests I've had? I've probably taken a dozen. I have to because I'm insured for millions of dollars for movies. But the first time I took the test, I was nervous. When you hear that the fuse on this disease is eight years or more . . . I mean, I have not been an angel."

Sly may not have been angelic in his romantic life, but as a father he's made efforts to excel. His eyes light up as he talks about his least public role. "Hah, Sage! Sage is a reflection of me when I was young—I understand him. He's an outrageous character, and we do outrageous things together. Sage likes to raid junkyards and build cars with the junk. The kid's eleven (continued on page 160)

First wife: Sasha



Second wife: Gitte



Sometime flame: Cornelia





THE SLIM- MEST SLIM IN TOWN CAPRI

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SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

"tar", 0.8 mg. nicotine av. per cigarette by FTC method.

CAREER WORKSHOP

By Barbara Mackoff, Ed.D.

jest for SUCCESS

Employers are serious about humor, suggests a study by Adia Personnel Services. Eighty-eight percent of the personnel decision-makers surveyed considered a sense of humor to be an important job qualification. Humor received high marks when used while discussing a problem with a colleague, at a performance review and during a tense moment in a meeting. Three guidelines for using mirth at work:

- **Make fun of situations but not people** Avoid ridicule and blame; focus on the comedy of common experiences—the computer breakdown, an impending deadline.
- **Don't broadcast the comedy of your errors** Frequent jokes about yourself only serve to undermine your credibility.
- **Consider the occasion** Problems such as budget cuts or losing a sale should be handled with kindness, not a wisecrack.

women

at war

Do your relationships with women at work ever seem like war games? Writer Tara Roth Madden, in her book *Women vs. Women: The Uncivil Business War* (AMACOM, 1987), says fighting among women is common in the workplace. She divides combatants into groups, including Brass Ringers, who grab for the top; Bottom Runners, who watch with envy as other women succeed; and Homing Pigeons, who work only because they need the money.

But women can work together in mutual support, says Judith Briles, Ph.D., author of *Woman to Woman: From Sabotage to Support* (New Horizon, 1987). Her suggestions: • Separate personal and professional relationships—limit confidences with co-workers; sign formal agreements when you do business with friends. • Confront questionable behavior immediately, then return to business. • Think of networking as team play—publicly praise other women's achievements; work on improving opportunities for women.



TV's *Designing Women*—Annie Potts, Dixie Carter, Jean Smart and Delta Burke—women who have fun working together

turning off a talker

Q An office colleague is a nonstop talker who always seems to visit my desk when I'm swamped with work. How can I stop her endless chatter?

A Your co-worker may feel the need to talk because she's bored, anxious or lonely. Although her conversations are stealing your precious time, she's so focused on her own thoughts that she doesn't even notice your irritation.

The next time this happens, be prepared to turn off her talk in a firm, friendly way. Don't nod or say "umm-hmm" while she's speaking because it will only encourage her to continue. Instead, take charge of the conversation by jumping to the conclusion or asking a question that leads her to the last word. Mention your time

pressures and your heavy work load. If this doesn't help, look at your watch and say, "You'll have to make a long story short; it's time for me to get back to work."

QUALITY TIME?

Two-income couples spend 3.2 hours together daily, compared with 3.7 hours for couples with only one working spouse. —American Sociological Review

the pink slip

The odds are that you will be fired at least once in your career, warns Jacques Lapointe, president of Retail Recruiters International. If it happens to you, "allow yourself sufficient time to sort out your feelings," says Lapointe. "Once you've cleared your mind, you'll be ready to begin a job search—a full-time job in itself."

But what if a potential employer asks why you were fired? Be prepared with a short explanation, advises Lapointe. For example, if you had a personality conflict with your boss, you might say, "My supervisor and I didn't see eye to eye, and rather than make things more difficult, we decided to part ways." Then go back to selling yourself and talking about the contribution you can make.

Barbara Mackoff is a corporate counselor, training consultant and lecturer and the author of *Leaving the Office Behind* (Dell, 1986) and the forthcoming *Laugh Lines*.

"If I had used new Super Shade 30+ when I was growing up, I might not have gotten skin cancer."

"Skin cancer! Skin cancer doesn't happen to someone who's thirty-three. Or at least that's what I thought when my doctor first told me I had it.

"You see, ever since I was young, I've been a person who loves spending all day in the sun. I never put a sunscreen on. I just never thought the sun was doing any damage.

"Then, one day, my doctor told me I had skin cancer which might have been prevented if I had used a sunscreen regularly all those years.

"I know how to help protect myself and my whole family."

"Fortunately, I'm fine, now. And I'm trying to do everything I can to keep it from happening to me or my family again. So I protect all of us all day long with new Super Shade 30+."

Introducing new Super Shade 30+. The all-day skin protector.

You don't need more protection from the sun than the all-day sunburn protection you get with new Super Shade 30+.

That's because Super Shade 30+ protects you for up to nine hours. Super Shade 30+ gives you all-day protection from ultraviolet B rays that cause sunburn. Its broadspectrum formula protects you from ultraviolet rays, one of the major causes of premature aging and long-term skin damage. With liberal and regular use, Super Shade 30+ even helps prevent sun-related skin cancer.

All-day protection that's waterproof.

Super Shade 30+ continues to give you broadspectrum protection from the sun even after eighty minutes in water. So you don't have to worry about it washing off.



A full range of Shade sunscreens for sensitive skin.

If you have sensitive skin, and want protection from the sun, there's a complete line of Shade sunscreens for people with sensitive skin in SPF 8-25. These non-stinging, hypoallergenic, PABA-free formulas give you the broadspectrum protection your skin needs. When used as directed, these sunscreens can help prevent sun-related skin cancer. And clinical tests show that these formulas won't sting even sensitive facial skin, unlike some protective sunscreens.



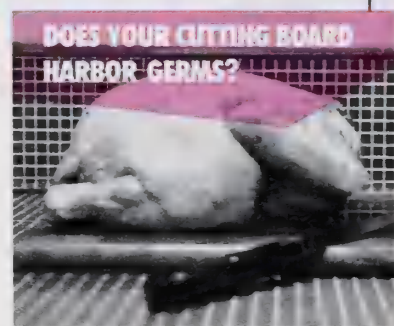
New Super Shade 30+
The all-day skin protector.



IN THE DRESSING ROOM
... MORE THAN
YOU BARGAINED FOR?



TURNING THE OTHER
CHEEK ... COULD MAKEUP
BE CONTAMINATED?



DOES YOUR CUTTING BOARD
HARBOR GERMS?

- HEPATITIS
- AIDS
- HERPES
- SALMONELLA

hidden health dangers

Remember the lady in the disinfectant commercial who'd pull into a gas station with a car full of kids? She'd march them all off to the bathroom, but before anyone got a foot in the door, she'd whip out her trusty can of Lysol and zap everything in sight. A bit much, right?

Well, to be honest, the lady had a point. While no one's advising that you become Howard Hughes fanatical about germs, experts in infection control note that, with the exception of an operating room or other sterile environment, bacteria and viruses exist everywhere—in rest rooms, hot tubs, your favorite salad bar, even in your own spic-and-span home.

So why aren't we all getting sick more often?

In order for germs to trigger an illness, several conditions have to be met simultaneously: Organisms must be present in sufficient numbers; they must have a way of entering the body—through an open wound or through the eyes, nose or mouth; and a person must be susceptible to the infection. Usually, this doesn't happen.

(continued)

you must
know about



GOOD ENOUGH TO EAT?
MAYBE YES, MAYBE NO

Eric Schneider

By Esther Davidowitz

Preventive medicine.



BAND-AID[®] Medicated. Kills germs to help prevent infection.

Only BAND-AID[®] Brand Medicated bandages have an antiseptic medicine on the pad for fighting infection. So wounds stay better protected and heal properly.

For bigger cuts, use BAND-AID[®] Brand Medicated Extra Large.

For toll-free product information, call: 1-800-526-2433.



Johnson & Johnson

(continued) However, sometimes it can. Check our list of potential trouble spots so you can better protect yourself and your family.

REST ROOMS

Let's say right off that you shouldn't be worrying about contracting AIDS (acquired immune deficiency syndrome) or a sexually transmitted disease (STD) such as syphilis, gonorrhea or chlamydia. Though the AIDS virus can live outside the body for two days under strict laboratory conditions, for someone to become infected it must enter his bloodstream in enormously high concentrations. "Despite what many people think, AIDS is a very, very hard disease to catch. The odds of anyone picking up the virus from a toilet seat or other public area are nonexistent," notes Lorraine M. Harkavy, R.N., M.S., of LMH Health Associates, in Potomac, Maryland. (The possible exception here: contaminated acupuncture or tattoo needles.)

Theoretically, you could also catch herpes from a toilet seat, since that virus can live outside the body for up to four hours. But the chances are slim: To become infected, you would have to sit on the exact spot where the virus is so it could enter your body through a break in your skin.

What are you more likely to catch in a public rest room? It's possible to pick up crab or pubic lice and, to a lesser extent, salmonella or shigella—intestinal illnesses (caused by bacteria carried in the feces of infected people) that trigger diarrhea, stomach cramps and fever. Experts also believe that viruses that cause hepatitis A (the milder form of this disease) as well as some staphylococcus bacteria may also be present in rest rooms. If an infected person fails to practice good hygiene, these bacteria can be transmitted to bathroom surfaces—the flush handles on the toilet, the door handles on the stall, and sink faucets, soap dishes and towelings.

What to do: Never sit on a bare toilet seat, especially if it's wet or dirty or if the toilet doesn't flush. Instead: Use a seat cover or several layers of toilet tissue as a barrier, or squat. Avoid using paper that is wet. Moisture creates a favorable breeding ground for bacteria. Wash hands in hot water with plenty of soap. Rinse and dry with paper towels. If a roll towel is the only kind available, pull it down to the clean portion.

THE HEALTH CLUB

The warm, moist environment of your health club's hot tub, whirlpool or swimming pool is an excellent breeding ground for bacteria that can trigger many ailments—among them, ear infections (swimmer's ear), skin rashes and conjunctivitis (pink eye). While chlorine destroys most organisms, some health clubs may not maintain

the proper levels sufficient to kill bacteria. Also present in these places are organisms that cause urinary tract infections as well as fungi that cause athlete's foot and other fungal infections. Here, too, there is a small chance you could pick up herpes from sitting on a contaminated bench in a sauna or steam room.

What to do: Since there's no way the layman can know if chlorine levels are up to health department standards, use your judgment and patronize only clean, well-run establishments. In a sauna or steam room, sit on a dry towel. To help guard against fungal infections, wear rubber thongs in shower and pool areas.

THE FITTING ROOM

There's a chance you could contract scabies (microscopic mites that burrow under skin) or body lice if you try on clothes worn previously by an infected person, since adult lice can live up to twenty-four hours, and their whitish eggs (nits) take six to eight days to hatch. Then, too, if you try on a hat worn by a person with head lice (or share her comb or hairbrush), you could become infected.

What to do: Keep your undergarments on when trying on clothes. You and your children should refrain from sharing combs, brushes or hats with others. If infected, wash hair with a delousing shampoo, available at any pharmacy, then use a special fine-tooth comb to remove nits. Dry-clean or wash all bedding and clothes in very hot water; dry on hot cycle. Sprinkle mattresses with pesticide powder.

THE JEWELRY COUNTER

According to Jeanie Gray, a certified infection control practitioner at the National Jewish Center for Immunology and Respiratory Medicine in Denver, "when you spot signs in a jewelry shop reading, 'Get your ears pierced free,' you may get more than you bargained for." Unless the shop uses instruments that are properly sterilized (a tabletop sterilizer or cold sterilizing solutions, rather than swabbing a needle with rubbing alcohol), you could be at risk for contracting hepatitis B, which can seriously affect liver function. (Experts believe it is highly doubtful that someone can contract AIDS from ear piercing.)

What to do: Either have your ears pierced by a doctor or make sure the store uses instruments that are properly sterilized. Or have your ears pierced at a store that pierces with the earring itself.

YOUR KITCHEN TABLE

Most of the food we eat is harmless, though some—particularly turkey, chicken, beef, unpasteurized milk and eggs—may carry salmonella bacteria or parasites that can cause food poisoning.

But food isn't the only item in the kitchen that could be contaminated: The knife you use to (continued)

IS SUSHI SAFE?
SOMETIMES.



**MANICURE MUSTS:
IS THE EQUIPMENT
STERILIZED?**

"Ragu, move over!"

GOOD MORNING. BRAVO!
YOUR NEW HUNT'S SPAGHETTI SAUCE IS A#1!
I DO NOT NORMALLY WRITE ON PRODUCTS,
BUT YOUR SAUCE DESERVES A LETTER
OF PRAISE.

AS A WORKING MOTHER WITH A FAMILY
OF FIVE, I AM CONSTANTLY LOOKING FOR FAST
AND GOOD-TASTING MEALS TO SERVE.
THEREFORE, I HAVE TRIED NEARLY EVERY
PREPARED SPAGHETTI SAUCE ON THE
MARKET. RAGU, MOYE OVER!

NORMALLY, I MAKE MY OWN SAUCE
BECAUSE, UP UNTIL NOW, I HAVE NOT BEEN
ABLE TO FIND A SAUCE WITH THE
FLAVORING THAT I LIKE. HEY—I MAY
NOT HAVE TO BOTHER ANY MORE.

INCIDENTALLY, I MUST NOT BE THE
ONLY ONE WHO LOVES THIS SAUCE. WHEN
I WENT TO THE GROCER'S FOR MORE,
THERE WERE ONLY A FEW CANS LEFT!

BEST REGARDS,
MICHELLE WATSON
AURORA, IL

**It had to
be Hunt's.**



The first name in tomatoes, the last word in Spaghetti Sauce.

One impression
we won't leave
you with.

No matter what kind of dirt you get into, Boraxo® Powdered Hand Soap can get it off. It's the best-selling powdered hand soap in the nation.

So pick some up today. Before you get your hands on anything else.



HEALTH DANGERS

continued

cut uncooked chicken, the platter on which you thawed the roast, even the cutting board can harbor disease-producing microorganisms.

What to do: Careful preparation and cleanup is the best prevention. Wash hands before you prepare food, and wash in hot, soapy water all utensils and surfaces that have come in contact with raw foods. Never place cooked foods or salads on a platter or cutting board that you used to thaw or cut raw foods. Defrost meats in the refrigerator overnight, never on the counter. (If you must defrost quickly, place food in a plastic bag and hold under cold water.) And refrigerate cooked food as soon as possible. You should be wary also of salad dressings or sauces (such as quick hollandaise) that are made from raw eggs.

SALAD BARS

"I saw a little girl fix herself salad at a restaurant salad bar," recalls Stanley Gershoff, Ph.D., dean of the school of nutrition at Tufts University. "After helping herself to a big spoonful of French dressing, she carefully licked the spoon clean and put it back. Now, if that little girl had a cold, everyone else who wanted French dressing stood a good chance of getting it, too." Indeed, the presence of perishable foods is only one reason your healthy salad bar is not so good for your health. If the salad bar is not properly maintained, or if other customers or the food handlers do not use proper hygiene, you could catch anything they might have.

What to do: Your critical eye is your best defense: If the restaurant or deli looks unclean—or if the food handlers do—eat elsewhere. Food should look fresh and, in the case of salads with mayonnaise, not discolored or crusted around the edges of the dishes. All salad bars should have glass or plastic sneeze shields hanging nose high above the fixings to protect food.

THE SUSHI BAR

Raw fish may carry a tapeworm parasite as well as roundworms. The latter cause ascariasis, a gastric illness characterized by severe stomach cramps. Unless the disease is caught in its early stages, surgery, with a hospital stay of one week or more, is the only way to remove the roundworm.

What to do: The same rules hold true here as with salad bars: Patronize clean, well-established restaurants. Since there is no way to look at sushi—or any food—and tell if it's contaminated with parasites or bacteria, you have to trust the restaurant.

NAIL SALONS

If a manicurist accidentally punctures your skin when she's working with sterilized equipment, you could get staph infection, notes Stephen B. Kurtin, M.D., a New York City dermatologist. Also common: a fungal infection called onychomycosis, which can persist for several months or more.

What to do: Insist that the salon sterilize equipment between customers. Bring your own manicure kit.

THE COSMETICS COUNTER

The worst culprit here, notes Patricia Kloser, M.D., an infectious disease specialist at the University of Medicine and Dentistry of New Jersey, Newark, is the mascara brush. "Germs thrive inside that moist, closed container," she explains, making the wand an excellent transmitter of conjunctivitis, herpes, staph and strep

Your critical eye
is the best defense.
If a restaurant looks
unclean, eat elsewhere.

fections. Also, if someone with a herpes sore on her lips uses a tube of lipstick just before you come along, the virus can live on the lipstick for several hours and then be transmitted to you. Similarly, if someone with conjunctivitis samples the eyeshadow, the infection could be passed along to you. Even your own at-home makeup supply can, over time, harbor germs.

What to do: Test makeup shades on the back of your hand or inside your wrist where skin is thicker than around the eyes and the chance of infection is lower. Never try on mascara from a makeup counter even if they give you a disposable wand—microorganisms can thrive in the mascara tube.

PETS

Your family pet can harbor infections. Newborn puppies and cats carry roundworms; they excrete the worm's eggs after birth, and children playing in areas contaminated with these eggs may transfer them from their hands to their mouths and come down with toxocariasis, a fluke-like illness characterized by fever, loss of appetite, weakness and lung congestion. Cats' feces may carry a parasite that

causes toxoplasmosis, which produces mild symptoms resembling the flu in most people. In rare cases, the disease can cause encephalitis and even death; in pregnant women it can trigger miscarriage or serious birth defects such as blindness and mental retardation. Cats can also carry a species of bacteria that causes cat-scratch disease, another flulike illness that may appear weeks after the offending scratch.

What to do: To prevent roundworm infection, be sure to have all newborn puppies and kittens de-wormed. Since the cat will show no symptoms of toxoplasmosis, there is no way to tell if it is carrying the disease. That's why pregnant women should never change a litter box and never garden in an area where cats may have roamed.

MOSQUITOES AND TICKS

Some insects can make you sick, too. Topping the list are mosquitoes, possible carriers of viral encephalitis, a potentially serious inflammation of the brain. More common are tick-borne diseases, especially those carried by deer ticks, which can cause Lyme disease. Dubbed the suburban disease, since it often occurs in areas where houses are near woods where deer have roamed, Lyme disease is a bacterial infection that, untreated, can lead to meningitis, arthritis, cardiac irregularities and in rare cases paralysis. Since it may take thirty days after a bite for symptoms (fatigue, chills, backaches, a rash at the site of the bite) to appear, it's vital not only to remove the tick immediately but to recall the exact time someone was bitten so you can contact a doctor should symptoms appear.

What to do: To help guard against mosquitoes, wear long sleeves and long pants, use insect repellent and regularly empty all containers, such as window pots that may fill with rainwater, since they are favorite breeding sites. When walking through areas known to be tick infested, also wear shoes, long sleeves and pants. Since most people do not feel it when a tick bites, check every night for these small crablike insects that can become embedded on the body or in scalp. If you find one: Cover tick completely with mineral oil or Vaseline to suffocate it. Wait ten to twenty minutes, then carefully remove with tweezers. Be sure you've pulled out the head, which is often deeply embedded in the skin. Burn the tick, and then sterilize tweezers with alcohol. If you notice any redness around the site, call a doctor immediately. Researchers hope that by next summer, an inexpensive and fast blood test for detecting Lyme disease may be available. ■

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BORATEEM® BLEACH IS LIKE A BOX OF FRESH AIR.



Borateem bleach, will get your laundry sparkling white. But that's just the beginning.

Because, unlike some ordinary bleaches, Borateem actually adds brightness and luster to all the colors you wash. And, unlike some ordinary bleaches, Borateem is so gentle, it's safe for even your most delicate items.

And, unlike some ordinary bleaches which can make your clothes reek of chlorine, Borateem leaves your entire wash smelling as fresh as all outdoors.

All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.



The only bleach with borax.

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And now grab the big new
taste of Bull's-Eye® Hickory
Smoke Barbecue Sauce.

WHAT IS IT?

WHAT DO I
DO WITH IT?
And will I
like it?

BY
ELIZABETH
SCHNEIDER

You probably walk right by these not-so-common foods every week at the supermarket: You're curious . . . but not sure what they taste like or how to serve them. Mystery solved! We introduce you to ten top

up-and-coming foods.

Savor a new flavor with
our delicious recipes here

and on the following pages

ten
trendy
foods
worth
trying

1&2

GOAT CHEESE & SUN-DRIED TOMATOES

Hero Pizza

Total prep time: 15 minutes

Tender, white cheese made from goat's milk, paired with chewy-sweet sun-dried tomatoes to make a winning appetizer.

- 1 jar (7 oz.) roasted red peppers, drained and sliced
- ¼ cup sun-dried tomatoes in oil, drained and sliced
- ¼ cup minced shallots
- 2 tablespoons cider vinegar

(continued)



Hero Pizza

WHAT IS IT?

(continued)

- 2 tablespoons chopped parsley
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1 loaf French bread
- 4 ounces fresh goat cheese
- Sliced green onion, for garnish

In bowl combine red peppers, tomatoes, shallots, vinegar, parsley, pepper and salt.

Preheat broiler. Slice bread in half lengthwise; place cut side up on a cookie sheet. Spoon tomato mixture evenly over cut sides. Crumble cheese on top. Broil 3 inches from heat source until cheese begins to soften and edges of bread are slightly browned, about 3 to 5 minutes. Sprinkle with green onion. Cut into 1-inch slices. Makes 16 appetizer servings, 110 calories each.

3 BALSAMIC VINEGAR

Perked-Up Pork Chops

Prep time: 5 minutes

Cooking time: 20 minutes

This dark barrel-aged vinegar from Italy has an intensely sweet but mellow taste—a super seasoning for meats, fish, salads and even fruit.

- 4 pork chops, 1 inch thick
- 1 large garlic clove, halved
- Salt and freshly ground pepper
- 1 tablespoon salad oil
- ½ cup chicken broth
- ¼ cup balsamic vinegar
- 1 tablespoon butter or margarine

Rub pork chops all over with garlic. Sprinkle



Tangy Arugula with Red Onion and Tomato

both sides with salt and pepper.

In large skillet heat oil over medium-high heat. Add chops and brown well, about 6 to 7 minutes per side. Transfer chops to a serving plate. Keep warm in oven. Pour off drippings. Add chicken broth and balsamic vinegar to skillet. Boil over high heat 5 minutes, stirring, just until glossy and thickened. Swirl in butter or margarine. Pour sauce over chops. Makes 4 servings, 525 calories each.

4 ARUGULA

Tangy Arugula with Red Onion and Tomato

Total prep time: 15 minutes

Dress up a salad with the sharp-hot taste of these dark greens. They're similar in shape and texture to radish leaves.

- 3 tablespoons balsamic vinegar
- 2 teaspoons brown sugar
- ¼ teaspoon salt or to taste
- 1 red onion, cubed
- 2 plum tomatoes, diced
- 3 tablespoons extra-virgin olive oil
- 2 large bunches arugula, torn

In nonaluminum skillet combine vinegar, sugar and salt; bring to a boil. Add onion and cook over medium heat until onion is slightly softened and vinegar is almost evaporated, about 2 to 3 minutes. Add tomatoes and cook 1 to 2 minutes more. (Do not overcook; vegetables should retain texture and shape.) Set aside.

In large skillet heat oil over medium heat. Add arugula and toss until just hot but not wilted through, about 20 seconds. Divide among 4 serving plates. Top with tomato-onion mixture and serve immediately. Makes 4 servings, 140 calories each.

5 TILAPIA

Sesame Tilapia

Prep time: 10 minutes

Baking time: 10 to 15 minutes

A prize catch from Israel and now farmed in the U.S., this mild, tender fish is also known as St. Peter's fish.

- ¼ cup milk
- ½ cup dry bread crumbs

(continued)

Mike gave the lid on the grill one more shot of Fantastik, then wiped away the last of the grease. He stood back and admired the brilliant red metal shining in the late afternoon sun. 'Looks like new,' he thought to himself. 'That should

be in Atlantic City all weekend for the Western Hemisphere Slam Wrestling Championship. So tonight, it would be just Mike and Linda, a couple of steaks on the grill, and a fine Bordeaux.

Mike was busily spraying the patio table with Fantastik when he heard the doorbell ring. He gave the tabletop a hurried wipe, admired his handiwork for a moment, and

be coming by. It looks like you cleaned the entire house! Smells like lemon Fantastik!" She laughed, kissed Mike on the cheek and led the behemoths, each carrying a keg lightly over one shoulder, through the door. They each shook his lifeless hand. "Howyadoin?," "What's happenin'?", "Nice house"...they were polite enough, Mike thought. Especially considering he'd seen them on Saturday afternoon television wrapping folding chairs around each other's faces. Nevertheless, the visit was ill-timed. Linda would be here any minute, and another dose of Mom pretending to have a duel-to-the-death" with Twister could have her permanently turned off.

When Linda arrived, Mike met her at her car. "Linda, I was planning a very special evening. Just the two of us. A couple of steaks, some wine..." Linda smiled curiously. "Sounds wonderful. So what's the problem?" At that moment, an empty beer keg catapulted over the roof from the backyard and bounced across the lawn in front of them. "Twister's here?" Linda asked. "Yeah, my Mom brought a few friends over to 'party hardy.' There's Hannibal Cannibal, Jumpin' Jack Crash, and Skull Smusher Smith." "Well, maybe I should come back some other time," Linda said. "Michael!

things neat and clean.

Mike had met Linda only a few weeks before at a resort club for singles in the Dry Tortugas. What a coincidence that they both lived in the same town. But this was going to be their first chance at romance since they had

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on tough greasy
dirt in the kitchen or
anywhere else.

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and the four huge human-like characters that surrounded her. "They cancelled the party 'cause one promoter ran into the other promoter's wife. So we invited Twister and some of his friends to spend the weekend partying with us. How's that grab ya, Sweetie? Boys, carry the kegs around to the porch! Mike, that girl you met at the 'Dried Tortillas' must

Fantastik? We kinda mess up your patio!" Skull Smusher was yelling to them, his head and shoulders towering above the six-foot backyard fence. Suddenly Skull Smusher's eyes became fixed on Linda. "Say, didn't you used to wrestle as the Idaho Amazon?" "You recognized me!" Linda shouted back, quite flattered. (continued)

WHAT IS IT?

(continued)

- 2 tablespoons sesame seed, toasted
- 8 tilapia fillets (3½-4½ oz. each)
- ¼ cup butter
- 1 teaspoon salt
- Paprika
- Ground red pepper
- Lime wedges for garnish

Preheat oven to 425°F. Oil a jelly-roll pan; set aside.

Pour milk in a shallow dish. In another shallow dish combine bread crumbs and sesame seed. Dip each fillet in milk, then coat well with crumb mixture; transfer to prepared pan.

In small saucepan melt butter and cook until lightly browned. Drizzle over fish. Sprinkle fish lightly with salt, paprika and red pepper. Bake 10 to 15 minutes, until just

flaking in center. Serve with lime. Makes 4 servings, 395 calories each.

6 JICAMA

Jicama-Papaya Salad

Total prep time: 20 minutes

It may look like a turnip, but jicama is sweet and crunchy, with pale flesh. Slice to use raw with dip or for stir-frying.

Dressing

- 2 tablespoons salad oil
- 3 tablespoons fresh orange juice
- 2 tablespoons cider vinegar
- 1½ teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon grated orange peel

- 1 ripe papaya (about 1¼ lbs.), quartered
- ½ pound jicama, peeled and julienned
- ¼ cup chopped cilantro
- 1 head Bibb lettuce

Dressing: In jar with tight-fitting lid combine all ingredients; set aside.

Peel each papaya quarter and cut cross-



Jicama-Papaya Salad

wise into thin slices. Combine papaya with jicama, cilantro and dressing; toss well. Spoon onto lettuce-lined serving plates. Makes 6 servings, 100 calories each.

7 FOCACCIA

LHJ's Fabulous Focaccia

Prep time: 30 minutes plus rising

Baking time: 20 to 25 minutes

Mamma mia, what a change from bread sticks! Focaccia, a flat, dimpled rectangle or disk of bread, is often seasoned with oil and salt or herbs, olives and garlic.

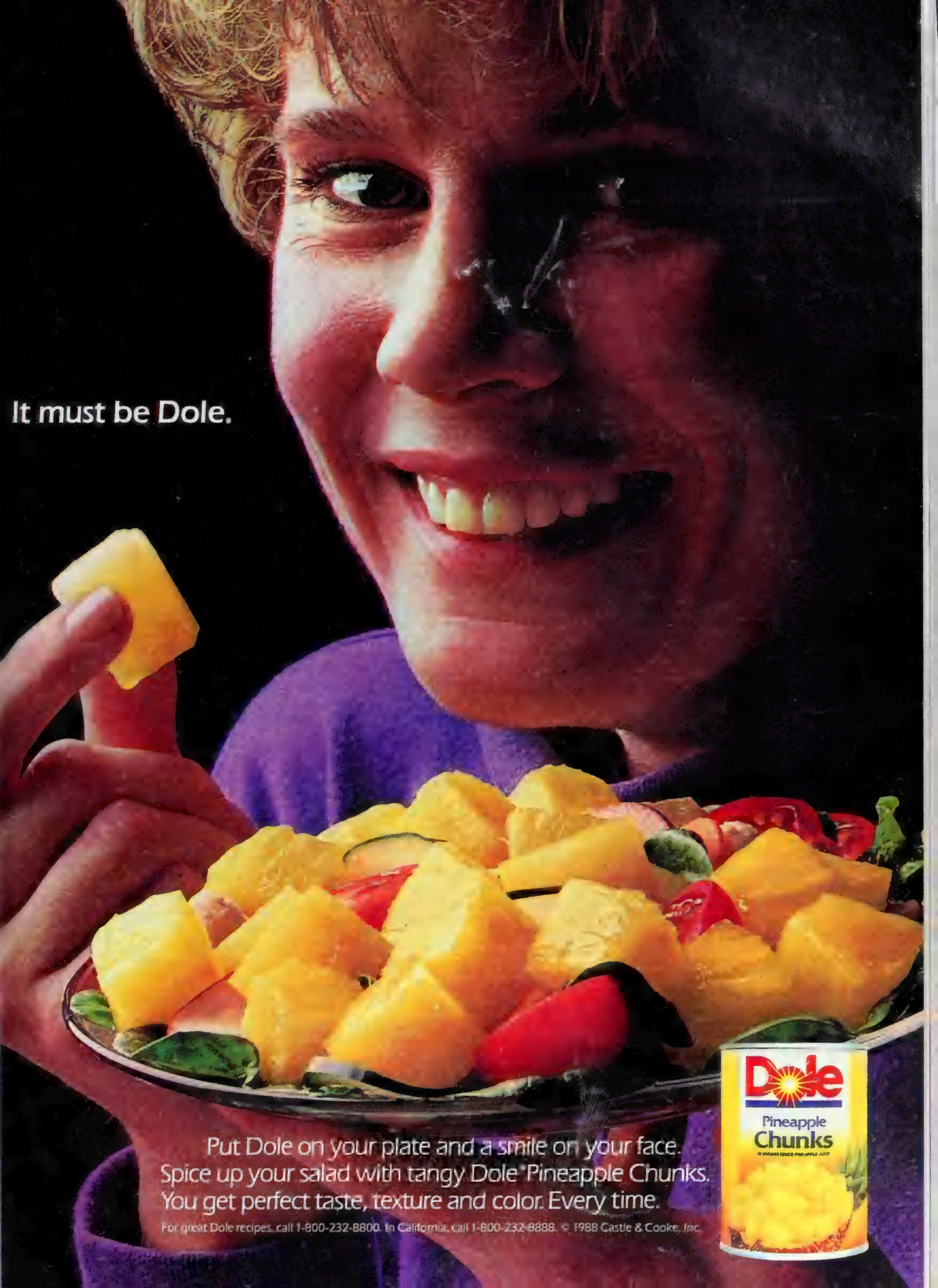
- 1 envelope active dry yeast
- 1½ cups warm water (110°F.-115°F.)
- Pinch sugar
- 2 teaspoons coarse salt, divided
- 4 tablespoons extra-virgin olive oil, divided
- 4 cups all-purpose flour
- 2 teaspoons minced fresh rosemary or thyme or a combination (optional)

In 1-cup measure combine yeast, ¼ cup water and the sugar; stir. Let stand 5 minutes. Transfer to a bowl with remaining 1¼ cups water, 1½ teaspoons salt and 2 tablespoons oil. Add 2 cups flour and stir until smooth. Gradually add 1 more cup flour and herbs, stirring until well combined.

On floured surface knead dough until smooth and elastic, at least 10 minutes, adding remaining 1 cup flour as needed. (Dough will be soft.) Place in an oiled bowl, turning to oil top. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in bulk, about 1 hour.

On a lightly oiled cookie sheet shape dough into a 15x12-inch rectangle. Cover with a damp kitchen towel; let rise 15 minutes. With fingertips make indentations in dough about 1 inch apart. Re-cover with towel; let rise until doubled in bulk, 1¼ hours.

Adjust oven racks to upper third and bottom of oven. Preheat oven to 400°F. Place 6 ice cubes in a small baking pan; place on bottom oven rack. Brush top of dough evenly with remaining 2 tablespoons oil, then sprinkle evenly with remaining 1 teaspoon salt. Bake 20 to 25 minutes, until golden. Transfer to a wire rack to cool slightly. Cut into 3x2½-inch pieces. Serve (continued)



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You get perfect taste, texture and color. Every time.

For great Dole recipes, call 1-800-232-8800. In California, call 1-800-232-8888. © 1988 Castle & Cooke, Inc.



WHAT IS IT?

(continued) warm or at room temperature.
Makes 18 servings, 135 calories each.

8 ENOKIDAKE

Oriental Chicken Salad

Total prep time: 35 minutes

Toss these long-stemmed, tiny-capped mushrooms in a salad to add a fruity flavor and exotic look.

Dressing

- 1/4 cup rice wine vinegar
- 3 tablespoons soy sauce
- 2 tablespoons salad oil
- 1 tablespoon Oriental sesame oil
- 2 teaspoons grated fresh ginger
- 1 1/2 teaspoons sugar

- 1 pound boneless, skinless, chicken breasts
- 1/2 pound thin buckwheat noodles
- 2 tablespoons sesame seed, toasted
- 1 cup grated carrots
- 1 cup sliced radishes
- 1/4 cup sliced green onions
- 1 bunch watercress
- 1 bunch enokidake mushrooms, trimmed

Dressing: In jar with tight-fitting lid combine all ingredients; set aside.

In skillet combine chicken with salted water to cover. Bring to a boil; reduce heat and simmer gently 10 minutes until cooked. Drain chicken; shred and set aside.

Cook noodles according to package directions; rinse under cold water and drain.

In bowl toss chicken, noodles, 1 tablespoon sesame seed, carrots, radishes, green onions and dressing. On serving platter arrange chicken mixture on a bed of water-

Star-Studded Fruit Compote



crust; top with mushrooms. Sprinkle with remaining 1 tablespoon sesame seed.
Makes 6 servings, 320 calories each.

9 MAHIMAH

Ginger-Lime Mahimahi

Prep time: 10 minutes

Cooking time: 6 minutes

Aloha to mahimahi—the Hawaiian name for this meaty fish with a satiny texture and buttery flavor.

- 1/4 cup butter, softened
- 1 tablespoon lime juice
- 1 teaspoon grated fresh ginger
- 4 mahimahi fillets (7-8 oz. each)
- 1 tablespoon salad oil
- Salt and freshly ground pepper
- 1 tablespoon thinly sliced green onion

Preheat broiler. In small bowl mix butter, lime juice and ginger until combined; set aside. Place fish on broiler pan. Brush lightly with oil; season with salt and pepper. Broil 3 inches from heat source about 6 minutes, until browned and just flaking in center.

Transfer fish to a heated serving platter. Top each with 1 tablespoon butter mixture

and sprinkle with green onion. Makes 4 servings, 400 calories each.

10 STAR FRUIT

Star-Studded Fruit Compote

Prep time: 15 minutes plus cooling

Twinkle, twinkle, juicy little tart-sweet stars—cut from a golden, ribbed fruit. They're also known as carambola.

- 1/2 cup water
- 1/4 cup sugar
- 3 ripe carambola (star fruit), sliced
- 1 pint strawberries, sliced
- 1 1/2 cups fresh pineapple chunks
- 1 banana, sliced

In saucepan bring water and sugar to a boil; boil until sugar is dissolved. Transfer to a large bowl. Add star fruit; cool. Add remaining ingredients to star fruit mixture and toss well. Makes 8 cups, 85 calories each.

Elizabeth Schneider is the author of Uncommon Fruits & Vegetables: A Commonsense Guide (Harper & Row), from which some of these recipes are reprinted by permission of the publisher.

"I've definitely switched brands."

Dear Sirs:

I just wanted to write and thank you for a delicious product. For years, I have used Ragu Spaghetti Sauce. Last week I was late getting off work - didn't know what to fix for supper. I hurried to the grocery, and as I started to pick up the Ragu, I noticed the cans of your sauce. I was short on cash and yours was cheaper, so I bought it. Needless to say, my family loved it. I've definitely switched brands.

Once again, thank you
Margie Chilcote
Mt. Gilead, OH

**It had to
be Hunt's.**



The first name in tomatoes, the last word in Spaghetti Sauce.

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Tartar Fighting
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**TartarControl
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why now there's New and Improved Tartar Control Crest.
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Tartar Control Crest. To make dental cleanings easier,
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"Crest has been shown to be an effective and preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Tartar Control Crest has been shown to reduce the formation of tartar above the gum line, but has not been shown to have a therapeutic effect on periodontal diseases."—Council on Dental Therapeutics, American Dental Association © P&G 1988



Their lives,
shattered by a
mindless act of vi-
olence, will never

be the same again. But faith, courage—and
an extraordinary love for each other—are help-
ing them come to terms with their loss

Ladies'
Home Journal

July
1988

TRAGEDY AND TRIUMPH

THE STORY OF By Anna Quindlen
STEVEN AND PATTI McDONALD



Steven can no longer hug his wife or hold his child, but the McDonald home is still a place of laughter

It was a hot and muggy Saturday afternoon in New York's Central Park when Police Officer Steven McDonald began patrol duty. He expected it to be uneventful; the intermittent rain had kept the usual weekend crowds away. Not long after he started his tour at four P.M., he saw three teenage boys on a footpath, and he and his partner, investigating recent bicycle thefts in the park, decided to question them. Steven approached them and began to talk. He never saw one of them draw a gun, although he remembers the smoke and the noise. And he remembers the strangest sensation as the three bullets hit him, as though in a moment his entire body had fallen asleep. As his fifteen-year-old assailant ran away, as his partner shouted into the radio for help, as he lay bleeding and barely conscious, twenty-eight-year-old Steven McDonald thought of his wife of eight months and the child they had recently found out they were expecting. "Oh, God," he prayed, "please don't let me die." He could not know then that he would live. He could not know that he would be paralyzed from his shoulders down.

Portraits of a loving family, from top: "Our son, Conor, was God's way of telling us

to hang in there," says Steven. The couple danced on their wedding day; eight months later, Steven would never dance again



IN AN UNASSUMING SUBURB OF NEW York, the sort of place that is good for raising (continued on page 165)



In praise of
RASPBERRIES



Two tempting treats: left, Double Raspberry Tart garnished with sweet whipped cream; right, elegant Raspberry-Orange Cake Roll



Ah, raspberries . . . truly one of summer's most precious gifts, these gems are the epitome of the season. To celebrate their arrival, we've created a trove of berried treasures. Recipes begin on page 148. By Jan T. Hazard



Vote- getting makeovers



WIN

with tousled curls

LHJ, with Clairol as a running mate, made a whistle-stop in Washington, D.C., to make over Democratic and Republican committee workers. We wanted to prove that a flattering cut plus natural highlights are the strategies your looks need to take the lead. Candidate number one: Terry Hitchins Nicolosi, thirty-one, scheduler to the chairman of the Democratic National Committee. The key to her appeal—a curl-revealing cut and a dose of auburn (Nice 'n Easy #109 Natural Medium Golden Red) to enhance her fair complexion.



By Lois
Joy Johnson
Beauty and
Fashion
Editor

ELECT

face-framing layers

Twenty-eight-year-old Missy Martin, director of housing for the Republican convention, was a top contender for great style, but limp, mousy locks were a big obstacle. How to give her looks a touch of finesse? With a softly layered, blunt-cut bob. The cut encourages swingy waves, and face-framing layers give fullness to a long face. Missy's dark blond hair went blonder with Quiet Line's Hairpainting Fur Blonde to Light Brown Hair—the sunniest strands halo her face for added dimension. Missy's makeup, like that of all our political models, is a go-anywhere palette of warm neutrals on the eyes, plus sheer lip color.





There's no debate about it: Ann F. Heuer, fifty-four, chairwoman of the D.C. Republican Committee, needed a more dynamic, upscale approach befitting her high-powered career. The solution: a shorter, more shapely, feathery cut that softens her features, and sophisticated blond color that eliminates the gray, warms up her complexion, gives her top-of-the-ticket good looks. Tip: To get natural-looking results, choose a shade or two lighter than original hair color (Ann used Ultrass Gel Colorant #Z15 Pastel Blonde). To maintain perfect color, touch up every two to three months.



NOMINATE

Nonstop glamour

It is an exciting time for thirty-five-year-old Meredith Napper—she's the director of campaign planning, responsible for the preparation of strategy and research for whoever the Democratic nominee may be. The best way to give her natural good looks an unbeatable new angle? We held a caucus and concluded that a chic, tailored cut would give Meredith the kind of champion style she'd need come convention time. An extra boost: warm bronze-brown semipermanent color (Loving Care #92 Dark Golden Brown) to soften the contrast between her hair and her complexion.



CAST A BALLOT for blond-boosting highlights



Ready for the fast lane: The hands-down winner for a more confident image is twenty-four-year-old Jacki Depew, an administrative assistant for the Democratic finance division. We rallied to snip Jacki's boyish, rather lifeless locks into an ultrafeminine short cut with tapered layers for softness and plenty of flair to spare. She didn't get that sun-kissed look from days at the beach but from artful application of delicate highlights (Frost & Tip for Blonde to Light Brown Hair) on the crown.





VOTE

for an up-to-date look



When it comes to modern, attract-to-the-max style, Tracy Doherty, twenty-four, a special assistant for the Republican international political leaders programs, is a surefire front-runner. Her unmistakable allure is the result of a loosened-up bob that's slightly shorter in back. Feathery bangs offer individuality but keep the look polished. We added a shot of sizzle to Tracy's hair with light-catching hues of copper—Miss Chairol #35 Sunlit Brown did the trick.





A tour of CELEBRITY GARDENS



**Jaclyn Smith's
English style**

Inspired by the romantic country gardens of her husband's native England, Jaclyn Smith created a brilliantly colored, unstructured look for her Bel Air estate. It took lots of creative planning to make this dazzling rainbow of blooms look as if they grew side by side naturally. Sweet-smelling gardenias, daylilies, agapanthus and graceful climbing roses in Jaclyn's favorite hues—pink, lavender, soft peach, white and wine red—surround the ivy-and-wisteria-covered house.

Landscape designs: Barbara Goldenberg and Cyrille Schiff of B.C. Designs

Did you know that some of your favorite celebs have a green thumb? Come with us on a delightful visit.
By Marilyn Diane Glass
Decorating and Design Editor



Jaclyn's estate, with its many rolling hillsides and charming walkways, lends itself to a landscape that's full of surprises and secret places. (Jaclyn leveled one of the hills to build a special hideaway for her son, Gaston.) The inviting rustic path above is bordered by lush shrubbery and fragrant citrus trees

Who would have guessed?
The stars of *Green Acres* are devoted
gardeners in real life!





Eva Gabor's Hollywood haven

You can never have enough flowers, dah-ling!" says Eva. Her love of them is legendary: The Garden Club of America even named a fabulous new rose after her. Eva designed this star-quality garden, which features a splendid variety of lilies, orchids, gardenias and roses as well as peach, lemon, orange and plum trees. At left, vibrant California poppies and flowering potted plants infuse the air with delicate fragrance.



Eddie Albert's unusual acres

Variety is the spice of Eddie Albert's life—that's why he planted an abundance of blooms in a sensational array of colors. But flowers are not Albert's only passion—he grows his own vegetables (including corn and squash) in plots he tends himself. In fact, he's so proud of his veggies that he grows them in *front* of his house!

Landscape design by Pamela A.P. Ingram of Sassafras Farm and Nursery.



Above: Eddie Albert's blossoms wind amiably through his backyard. **Left:** An uncommon but nonetheless appealing idea—Albert planted a lawn of vegetables instead of garden-variety green grass

**Burl Ives's serene gardens
feature a grand reflecting pool and
a gazebo shaded by thick yews**





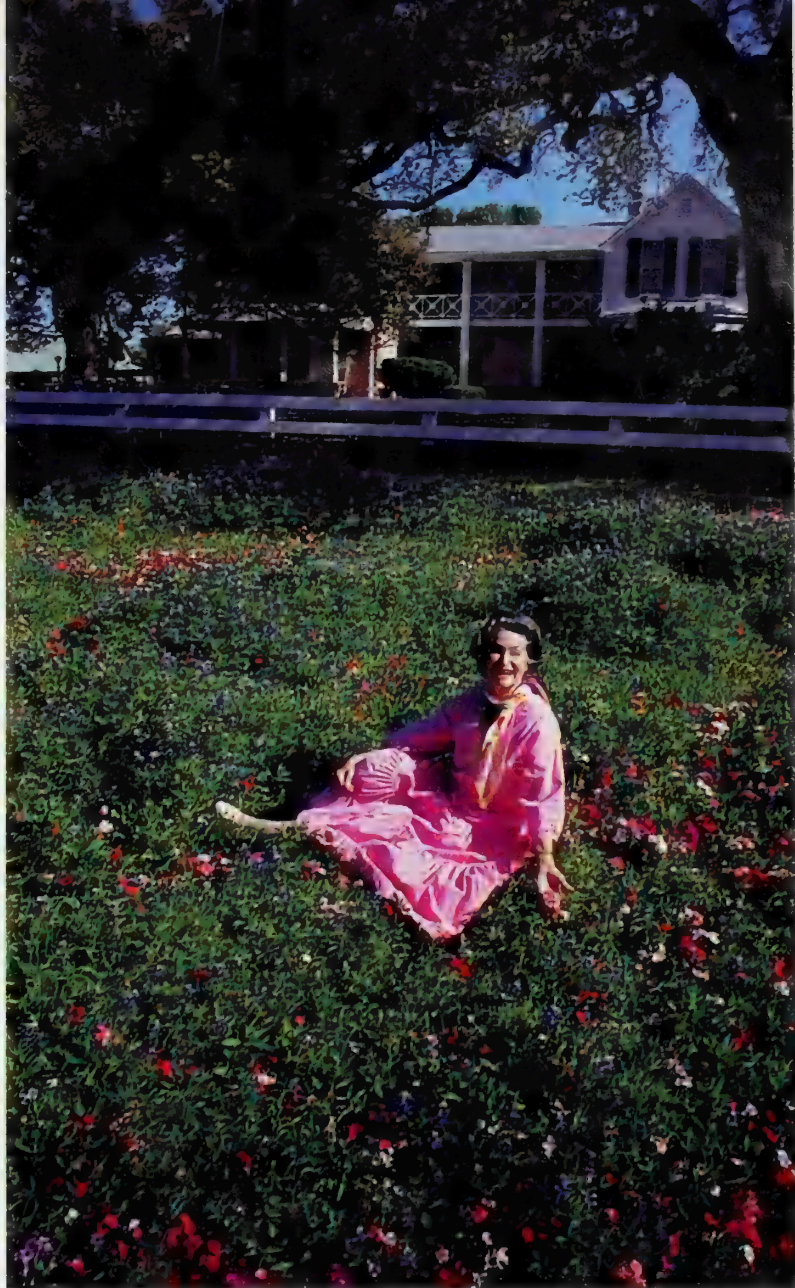
Burl Ives : an exotic oasis

One glimpse of actor-folksinger Burl Ives's magnificent backyard and you know this is no ordinary garden. In fact, this five-acre property in Montecito, California, was formerly owned by famed horticulturist Amy DuPont. The Iveses restored the land to its original eclectic glory. Tropical trees from all over, plus dramatic flowers and a famous cactus garden, grace the unique landscape.



Lady Bird's wildflowers

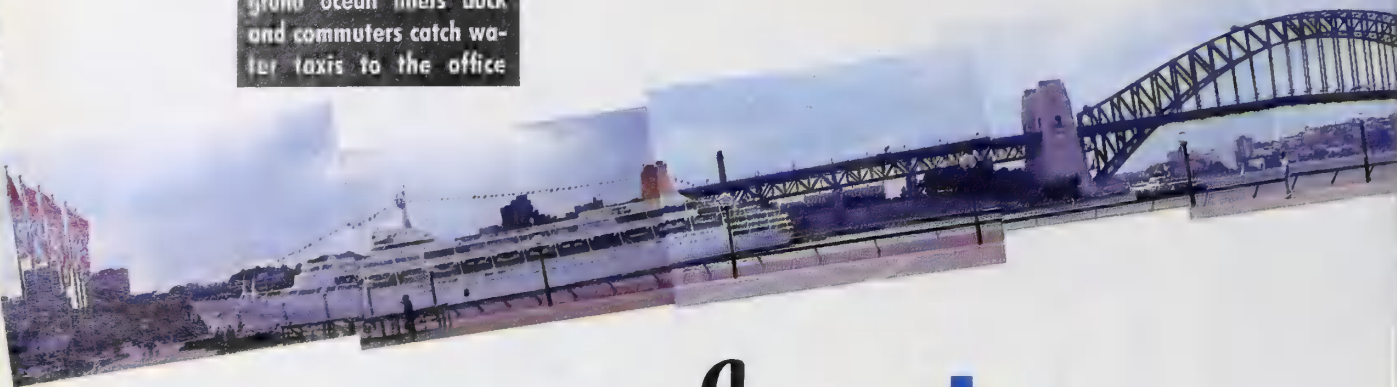
The LBJ Ranch, in Stonewall, Texas, is a showcase for some of the country's most magnificent wildflowers. The beauty of a field of these free-growing blooms is that the paint-box palette is ever-changing, providing a different burst of vibrant color every month (April brings bluebonnets, the Texas state flower). Lyndon and Lady Bird Johnson generously deeded their property to the National Park Service in 1972 so that the public could enjoy the splendor of the flowers they loved.



Above: Lady Bird relaxes in a profusion of cherry red Drummond's phlox and bluebonnets.
Below: By the end of May, the hillside is given over to purplish lemon mint and black-eyed Susans



The scenic Sydney harbor (called the Quay), where grand ocean liners dock and commuters catch water taxis to the office



great fashion



Three cheers for the red, white and blue—it's the wearing of the colors for Aussies and Americans! (Team them with neutral khaki for perfect mix-'n match shades for traveling.)

DOWN UNDER

G *Australia* 'day, mates! Join us on a dream vacation to spectacular Sydney, Australia, a half a world away. We'll show you

all the hot spots plus terrific traveling clothes for the whole crew. These sporty styles with built-in mobility are sure to look as chic for a walkabout on the streets of Anytown, USA, as in the exotic outback!





A roo, a roo, a kangaroo,
koalas, wild ducks and emus, too,
greet visitors at Waratah Park

Whether you're off for a week of non-stop sight-seeing or a quiet weekend in the countryside, depend on fashions with maximum comfort (cotton blends are the coolest, and they make for crease-free packing). Our idea of fuss-free clothing for the whole gang includes go-everywhere khaki—from left: red tee of Fortrel/cotton by Champion; white tee by Champion under a rugged, oversize khaki work shirt by Big Yank, both of Fortrel/cotton; safari drop-waist dress of Fortrel/cotton, by Jack Murphy. Details, page 170

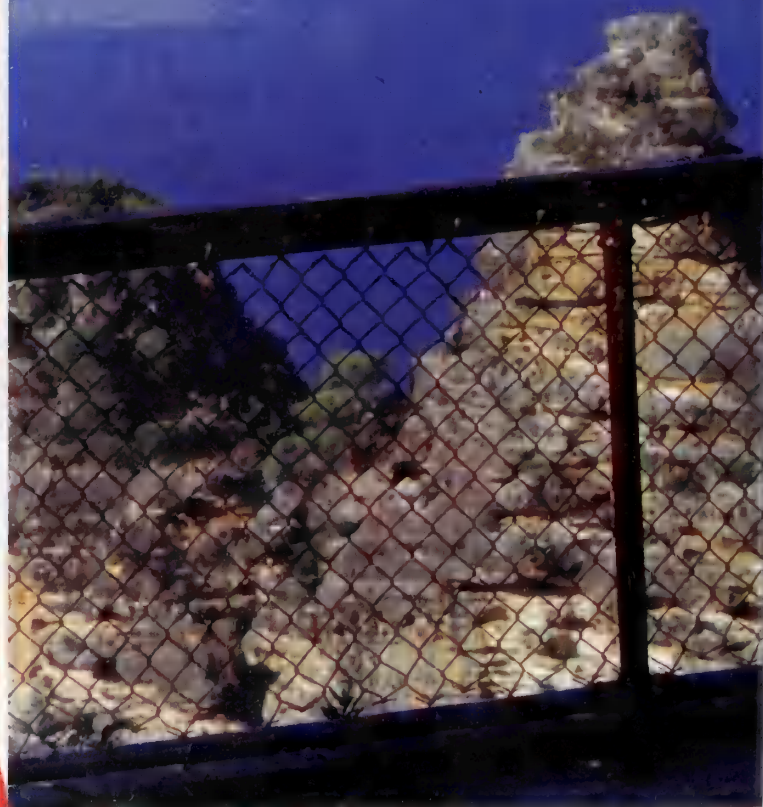


A breathtaking view of
the Blue Mountains.
The massive rocks in the
foreground are known
as the Three Sisters

great fashion

DOWN UNDER

Below: A side street in
Leura, a charming res-
ort town in the Blue
Mountain region out-
side Sydney. We discov-
ered the Aussies love
videos, too, but they
don't rent them, they
hire them. Our picks for
touring: cool styles in
standout shades. The
red sundress is of
Fortrel/cotton by N.R.
#1; white tee and red
mini of Fortrel/cotton,
Our Girl by Health-tex





Cricket, anyone? (In Australia, it's as popular as baseball is in the U.S.) Crisp whites are perfect for summer fun: Mom's blazer of Fortrel/cotton by Fire Islander, pants of Fortrel/cotton by Joyce Sportswear; girl's jeans by Levi's, turtle by Knit-waves—both of Fortrel/cotton; boy's jeans by Levi's, turtle by Buster Brown—both of Fortrel/cotton; Dad's tee of Fortrel/cotton by Signal. Below: rugby shirts of Fortrel/cotton by Health-tex; boy's pants, Our Gang by Health-tex; Mom's trousers by Caryl Adler, jacket by London Fog, all of Fortrel/cotton. Details, page 170





Stripe up the bar
Upbeat stripes
lend pizzazz and
make a pose in
front of the fam
Sydney Opera
House all the m
eye-catching:
girl's sweatshirt
Signal; Mom's
shorts by Caryl
Adler; boy's pan
Our Gang by
Health-tex, all c
Fortrel/cotton. A
striped tees of
Fortrel/cotton by
Chesterfield



great fashion

DOWN UNDER

Checking out unusual
Australian lobsters at a
Sydney fish shop. Right:
more summer smart
fashion with easygoing
élan—Dad's striped tee
of Fortrel/cotton by
Chesterfield; Mom's
blazer of Fortrel/cotton
by Joyce Sportswear,
over a tee by Chester-
field Far Her; kids' tees
by Champion, skirt and
shorts by Health-tex, all
of Fortrel/cotton. De-
tails, page 170



A sad farewell walk on
beautiful Bondi Beach.
We had a ball—vacation
can't be over yet!



For the most casual dressing of all, nothing beats true-blue, ultradurable denim. This old favorite just happens to be in this season! We found great fashions in classic jeans, jumpers and minis—don't you love the dash that white gives to denim? Kids' sweat-shirts and Dad's tee by Champion, Mom's long white trench by London Fog—all of Fortrel/cotton



PRIZE-
WINNING
potato
salad

MELT-
IN-YOUR-
MOUTH
macaroni
salad

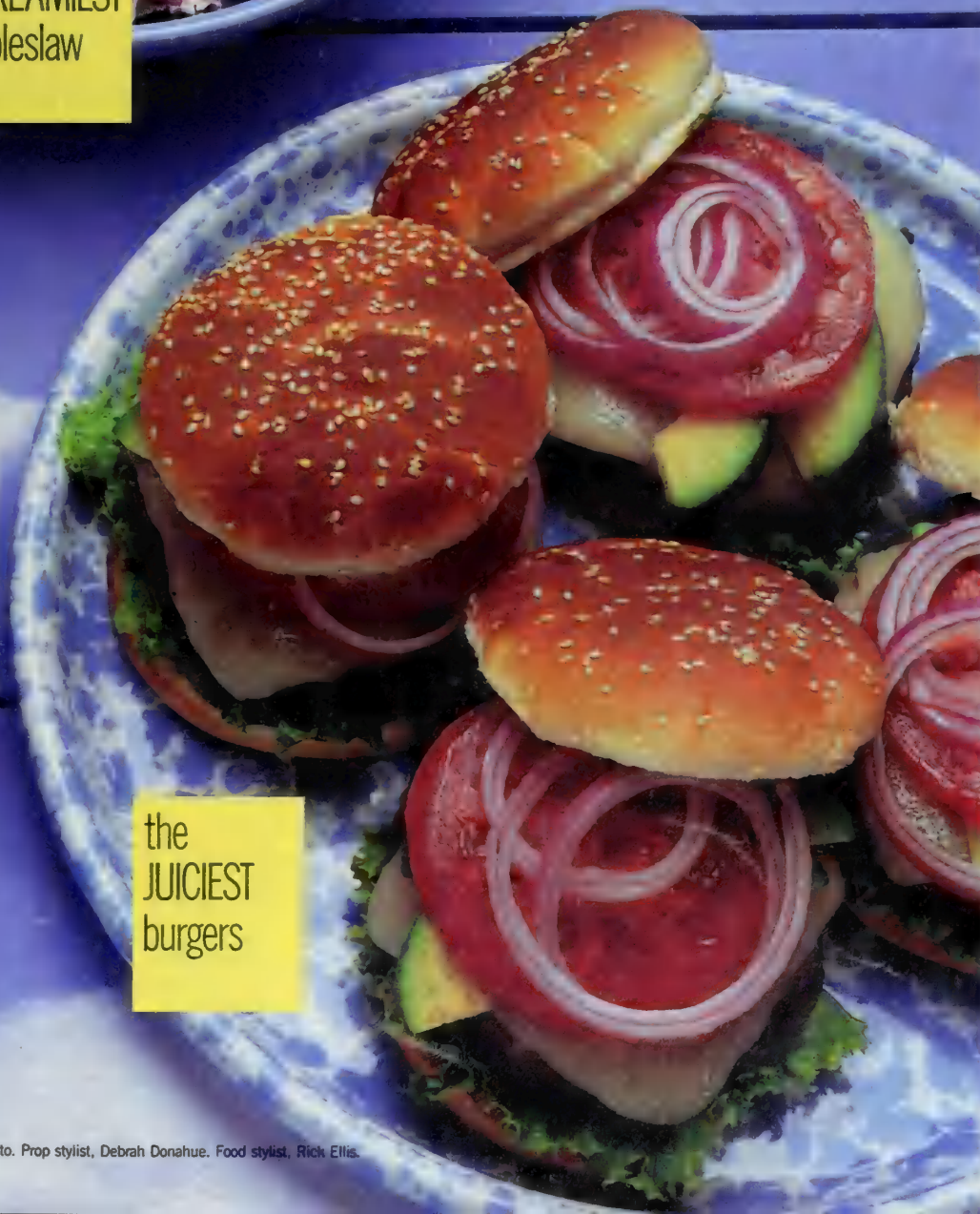
the
CRISPIEST
fried
chicken

STICK-
TO-YOUR-
RIBS
ribs



the
CREAMIEST
coleslaw

The food you love to eat—with a difference. We discovered the secrets that take your favorites from ordinary to simply extraordinary! Recipes for our classic summertime eats begin on the next page



the
JUICIEST
burgers

THE BEST OF SUMMER

Pasta.



BEST OF SUMMER

continued

☐ Easy

☒ Challenging

☒ Moderate

☒ Microwave

STICK-TO-YOUR-RIBS RIBS

pictured on page 142

Cooking ribs in water first makes them tender and shortens the grilling time.

Prep time: 5 minutes ☐

Cooking time: 1 hour 20 minutes

- 2 racks (6½ lbs.) pork spareribs
- ½ cup cider vinegar
- 1 onion, coarsely chopped
- 12 peppercorns
- 1 teaspoon salt
- Barbecue Sauce
- (recipe follows)

In large stockpot or Dutch oven combine ribs, vinegar, onion, peppercorns, salt and water to cover. Bring to a boil; reduce heat and simmer covered 1 hour. Drain. (Can be made ahead. Cool; cover and refrigerate up to 24 hours. Remove from refrigerator 1 hour before grilling.)

Prepare grill. Grill ribs 10 minutes, turning once. Baste with Barbecue Sauce. Grill 5 minutes; turn and baste again with sauce. Grill 5 minutes more. Serve with additional bar-

becue sauce. Makes 8 servings, 795 calories each without extra sauce.

BARBECUE SAUCE

This sauce requires a long, slow simmer for a concentrated flavor.

Prep time: 20 minutes ☐

Cooking time: About 2½ hours

- 1 tablespoon salad oil
- 2 cups chopped onions
- ½ cup chopped red pepper
- ½ cup chopped green pepper
- 1 tablespoon minced garlic
- 2 cans (35 oz. each) tomatoes
- 2 teaspoons salt
- 1 teaspoon thyme
- 1 teaspoon mustard seed
- ½ teaspoon whole allspice
- ½ teaspoon red pepper flakes
- 12 whole peppercorns
- 1 cinnamon stick
- 1 bay leaf
- ½ cup dark molasses
- ¼ cup firmly packed brown sugar
- ¼ cup cider vinegar
- ¼ cup Worcestershire sauce
- ¼ cup butter or margarine

In large saucepan or Dutch oven heat oil over medium heat. Add onions, red and green pepper and garlic; sauté 10 minutes. Stir in tomatoes and salt.

Wrap thyme, mustard seed, allspice, red pepper flakes, peppercorns, cinnamon stick and bay leaf in cheesecloth; tie ends together to make a bag. Add to Dutch oven. Bring to a boil; reduce heat to medium-low. Simmer uncovered, stirring occasionally, until sauce is very thick and equals about 3 cups. Discard spice bag. Add tomato food processor puree sauce and pepper into a clean saucepan. Stir in remaining ingredients; simmer 15 minutes. (Can be made ahead. Cover and refrigerate up to 2 weeks. Bring to room temperature before serving.) Makes 4 cups. 20 calories per tablespoon.

THE CREAMIEST COLESLAW

pictured on page 143

This colorful slaw will be the hit of the salad table at any summer outing.

Total prep time: 30 minutes

- ¾ cup mayonnaise
- ¼ cup sour cream
- 2 tablespoons grated onion
- 2 tablespoons chopped parsley
- 2 teaspoons Dijon mustard
- 1½ teaspoons celery seed
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 cups shredded red cabbage

1 cup shredded green cabbage
1 cup carrots, grated

In large bowl whisk mayonnaise, sour cream, onion, parsley, mustard, celery seed, salt and pepper. Add red and green cabbage and carrots; toss until well combined. (Can be made ahead. Cover and refrigerate up to 24 hours.) Makes 12 cups, 75 calories per 1/2 cup.

THE JUICIEST BURGERS

pictured on page 143

The key to keeping burgers juicy is to handle the meat as little as possible.

Prep time: 5 minutes
Cooking time: 10 minutes

1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon white pepper
1/2 teaspoon ground red pepper
1 1/2 pounds ground beef
4 slices (1 1/2 oz. each) Monterey jack cheese
4 lettuce leaves
4 sesame hamburger rolls, toasted
4 avocado, cut into 8 slices, plus squeeze of lime juice
4 slices tomato
4 thin slices red onion

Prepare grill or preheat broiler. In

For sensational shortcakes
Shortcakes are individual
tender biscuits filled
with sweetened whipped
cream and the ripest berries.



small bowl combine salt and peppers. Shape beef into four 3/4-inch-thick patties; coat each side evenly with pepper mixture. Grill or broil 3 inches from heat source 5 minutes per side for medium-rare. During last minute of cooking, top each burger with a cheese slice. Place a lettuce leaf on each roll bottom. Add a burger, then top each with 2 avocado slices, and 1 slice each tomato and red onion. Replace tops of rolls. Makes 4 servings, 640 calories each.

THE CRISPIEST FRIED CHICKEN

pictured on page 142

For the crunchiest fried chicken we suggest using Grandma's favorite—a cast-iron skillet.

Prep time: 15 minutes
Cooking time: 20 minutes per batch

1 1/2 cups all-purpose flour

1 teaspoon freshly ground pepper

1 teaspoon poultry seasoning

1 teaspoon paprika

1/4 teaspoon ground red pepper

2 chickens (3 lbs. each), each cut into 8 serving pieces

1 teaspoon salt

1 cup shortening

1/4 cup bacon drippings or butter

In large bowl combine flour, pepper, poultry seasoning, paprika and ground red pepper. Sprinkle 8 chicken pieces with 1/2 teaspoon salt; dip in seasoned flour, shaking off excess.

In 12-inch skillet or 2 smaller skillets, melt shortening with bacon drippings or butter over medium-high heat until smoking. Carefully add chicken skin side down; cook until golden brown, 10 minutes per side. Drain on paper towels. (Keep warm if desired.) Repeat with remaining chicken. Serve hot or at room temperature. Makes 8 servings, 525 calories each. (continued)

Corinne Coleen



Unsurpasta!

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like a little Parmesan.

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FORGET
THE
CHEESE



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A.I.® Sweet and Sour Kabobs

- | | |
|--------------------------------|---------------------------|
| 1 pound lean ground beef | 1 medium green pepper, |
| 3/4 cup A.I. Steak Sauce | cut in squares |
| 1/2 cup plain bread crumbs | 6 cherry tomatoes, halved |
| 1 egg, beaten | ■ fresh mushrooms, halved |
| 1 (8-oz.) can pineapple chunks | Hot cooked rice |
| in its own juice, undrained | |

Mix ground beef, 1/4 cup steak sauce, bread crumbs and egg; shape into 24 meatballs. Drain pineapple, reserving juice. Mix remaining steak sauce with reserved juice. Set aside.

Thread meatballs, pineapple, green pepper, cherry tomatoes and mushrooms on 6 skewers. Grill or broil kabobs 4 to 6 inches from heat source for 10 to 15 minutes or until done, turning and brushing with steak sauce mixture frequently. Serve with rice. Makes 6 servings.

A.I. makes hamburgers taste like steakburgers®
(Imagine what it can do for all your beef recipes)



BEST OF SUMMER

continued

PRIZEWINNING POTATO SALAD

pictured on page 142

Add horseradish for tang, mayonnaise and sour cream for smoothness, and bacon for crunch, and you've got a truly memorable potato salad.

Prep time: 30 minutes plus cooling ○

- 2 pounds all-purpose potatoes
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 tablespoons horseradish
- 1 tablespoon chopped parsley

- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 4 hard-cooked eggs, chopped
- 3 bacon slices, cooked and crumbled
- 2 green onions, sliced thin

Peel potatoes; place in a large saucepan with salted water to cover. Bring to a boil and cook until tender, 20 minutes. Drain and cool completely. Cut potatoes into 1-inch cubes.

In large bowl whisk mayonnaise, sour cream, horseradish, parsley, salt and pepper until smooth. Stir in potatoes and remaining ingredients until well combined. (Can be made ahead. Cover and refrigerate up to 24 hours.) Makes 6 cups, 175 calories each per 1/2 cup.

MELT-IN-YOUR-MOUTH MACARONI SALAD

pictured on page 142

The buttermilk dressing and vegetables make this salad really refreshing.

Total prep time: 30 minutes

Dressing

- 1 cup buttermilk
- 1/2 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 2 teaspoons salt
- 2 teaspoons Dijon mustard
- 1 teaspoon minced garlic
- 3/4 teaspoon freshly ground pepper
- 1/8 teaspoon red pepper sauce

- 8 ounces elbow macaroni
- 1 cup shredded carrots
- 1 bunch radishes, halved and sliced
- 1 cucumber, peeled, quartered, seeded and sliced
- 1/4 cup sliced green onions
- 1/4 cup chopped parsley
- 3 tablespoons chopped fresh dill
- 1 tablespoon dillweed

Dressing: In large bowl whisk all ingredients until smooth.

Cook macaroni according to package directions just until tender; drain. Rinse under cold water and drain again. Add to dressing. Add remaining ingredients and toss well. Makes 6 servings, 185 calories each.

TRUE-BLUE BERRY PIE

The seasonal favorite that is definitely worth blowing your diet for.

Prep time: 25 minutes plus chilling
Baking time: 70 minutes

Pastry

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/3 cup cold butter or margarine
- 1/3 cup shortening, chilled
- 5 to 6 tablespoons ice water

- 5 cups blueberries
- 2/3 cup plus 1 teaspoon sugar
- 1/4 cup all-purpose flour
- 1 teaspoon grated lemon peel
- 1/4 teaspoon cinnamon
- Pinch cloves
- 2 tablespoons fresh lemon juice
- 1 tablespoon butter or margarine
- 2 teaspoons milk

Pastry: In bowl combine flour and salt. With pastry blender or 2 knives, cut butter or margarine and shortening until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.

Place a cookie sheet on middle rack of oven. Preheat oven to 450°F.

large bowl combine blueberries, $\frac{2}{3}$ cup sugar, flour, lemon peel, cinnamon and cloves; toss well. Set aside.

On lightly floured surface roll larger pastry ball into a 12-inch circle. Line a 9-inch metal pie pan with pastry. Brush edge with water. Spoon in blueberry mixture. Sprinkle with lemon juice and dot with butter or margarine. Roll remaining pastry ball into a 10-inch circle and place on top. Cut vents for steam. Trim edge and flute. Brush with milk and sprinkle with remaining 1 teaspoon sugar. Place on a cookie sheet in oven and bake 20 minutes. Reduce heat to 375°F. and bake 50 minutes more. (If crust browns too quickly, cover loosely with foil.) Cool on a wire rack 1 hour before serving. Makes 8 servings, 410 calories each.

STRAWBERRY SHORTCAKES

pictured on page 145

You want one great dessert to be your trademark, this is it.

Prep time: 30 minutes plus chilling

Baking time: 15 minutes

2 pints strawberries
3 tablespoons sugar, divided
1 tablespoon fresh lemon juice
1 cup all-purpose flour
1 cup cake flour
1 tablespoon baking powder
1 teaspoon cinnamon
1 teaspoon salt
1 cup cold butter, margarine or shortening, cut up
1 cups heavy or whipping cream, divided
1 tablespoon milk
1 teaspoon vanilla extract

Reserve 8 strawberries for garnish. In large bowl lightly wash remaining strawberries with $\frac{1}{4}$ cup sugar and lemon juice. Refrigerate at least 1 hour.

Meanwhile, preheat oven to 400°F. Grease a cookie sheet. In medium bowl combine flours, 2 tablespoons sugar, baking powder, cinnamon and salt. With pastry blender or 2 knives, cut in butter, margarine or shortening until mixture resembles coarse crumbs. Gradually add 1 cup cream, tossing with a fork until mixture holds together. On lightly floured surface, roll or pat dough $\frac{1}{2}$ inch thick. With a 3-inch cookie or biscuit cutter, cut dough into circles and transfer to prepared cookie sheet. Reroll scraps to make a total of 8 circles. Brush tops with milk. Bake 15 minutes. Cool on a wire rack.

In mixer bowl beat remaining 1 cup cream, 2 tablespoons sugar and vanilla until soft peaks form.

Split shortcakes horizontally; place bottoms on dessert plates. Top with equal amounts mashed berries and cream. Replace tops and garnish with reserved berries. Makes 8 shortcakes, 485 calories each.

FINGER-LICKIN' BARBECUED CHICKEN

For speedy cooking, microwave the chicken first, then throw on the grill for just 15 minutes.

Prep time: 12 minutes, Grilling time: 15 minutes

1 chicken (3 lbs.), quartered
Barbecue Sauce (page 144)

Prepare grill. Arrange chicken in a large microwaveproof rectangular dish. Cover with plastic wrap, turning back one corner to vent. Microwave on High 12 minutes, turning dish halfway through.

Transfer chicken skin side down to grill. Grill 5 minutes; turn and baste with Barbecue Sauce. Grill 5 minutes; turn and baste again with sauce. Grill 5 minutes more. Serve with additional barbecue sauce. Makes 4 serv- (continued)



Summer Salads

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BEST OF SUMMER

continued

ings, 325 calories each without additional sauce.

BASIC VANILLA ICE CREAM

Nothing could be more nostalgic than a dish of good homemade ice cream.

Prep time: 10 minutes plus freezing ○

- 2 cups heavy or whipping cream
- 2 cups half and half cream
- 1 can (14 oz.) sweetened condensed milk
- 1 tablespoon vanilla extract
- ½ teaspoon salt

In bowl combine all ingredients; mix well. Transfer to ice-cream maker and freeze according to manufacturer's directions. Makes 7 cups, 255 calories per ½ cup.

Strawberry Ice Cream: In medium bowl mash 1 pint strawberries, ½ cup sugar and 1 tablespoon fresh lemon juice; refrigerate 15 minutes. Prepare basic vanilla ice cream as directed. Stir in strawberry mixture. Transfer to ice-cream maker and freeze according to manufacturer's directions. Makes 9 cups, 220 calories per ½ cup. ■

Recipes developed by Carol Prager and Lisa Brainerd.

RASPBERRIES

continued from page 123

○ Easy

● Challenging

● Moderate

(M) Microwave

DOUBLE RASPBERRY TART

pictured on page 122

We doubled the raspberry by spreading puree on the baked crust and topping with whole berries.

Prep time: 20 minutes plus chilling (M)

Baking time: 25 minutes ●

Pastry

- 1½ cups all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon grated lemon peel
- ½ cup cold butter, cut up
- 2 to 3 tablespoons ice water

Filling

- 1½ pints raspberries, divided
- ½ cup sugar
- 1 teaspoon cornstarch
- 2 tablespoons butter, cut up

Sweetened whipped cream, for garnish

Pastry: In bowl combine flour, sugar and lemon peel. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle

with water a tablespoon at a time, tossing with a fork until pastry moist enough to hold together. Shape into a ball; flatten. Wrap and refrigerate 1 hour or overnight.

On lightly floured surface roll pastry into a 12-inch circle. Fit into a 10-inch tart pan with a removable bottom. Prick bottom with a fork. Refrigerate 30 minutes.

Preheat oven to 400°F. Line pan with foil and fill with dried beans or uncooked rice. Bake 10 minutes; move foil and beans or rice. Bake 5 minutes more or until golden. Cool. **Filling:** In food processor or blender puree ½ pint raspberries; strain. In cup microwaveproof glass measure combine puree with sugar and cornstarch. Add butter. Cover with plastic wrap, turning back one section to vent. Microwave on High 2 minutes or until mixture is thickened. Whisk until smooth. Spread evenly on crust. Top with whole raspberries in a single layer. Refrigerate at least 1 hour or overnight. Pipe whipped cream onto top. Makes 8 servings, 300 calories each without whipped cream.

RASPBERRY-ORANGE CAKE ROLL

pictured on page 123

Our elegant version of a jelly roll.



Rich, buttery taste • Fewer calories • No cholesterol

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Prep time: 30 minutes plus chilling
Baking time: 10 to 12 minutes

Make

$\frac{1}{3}$ cup all-purpose flour
 $\frac{1}{3}$ cup cornstarch
 $\frac{1}{2}$ teaspoon salt
5 eggs, separated
 $\frac{1}{2}$ cup granulated sugar
1 teaspoon grated orange peel
1 teaspoon vanilla extract
Confectioners' sugar

Glazing

$\frac{1}{2}$ pint raspberries, divided
2 tablespoons granulated sugar
1 teaspoon unflavored gelatin
1 tablespoon water
1 tablespoon raspberry-flavored brandy
 $\frac{1}{2}$ cup heavy or whipping cream
Confectioners' sugar

Preheat oven to 375°F. Grease a 15½x10½x1-inch jelly-roll pan. Line with wax paper; grease and flour paper.

Make: Sift together flour, cornstarch and salt. In large mixer bowl beat egg whites until frothy. Gradually beat in granulated sugar; continue beating until stiff but not dry. In large mixer bowl beat egg yolks until pale and thick, 5 minutes. Add orange peel and vanilla. Fold in egg whites. Fold in dry ingredients just until blended; do not overmix. Spread batter evenly in prepared pan. Bake 10 to 12 minutes, until lightly browned and center springs back when touched.

Sift confectioners' sugar lightly over a kitchen towel. Invert cake onto towel and roll up together from long side. Bake 1 minute, unroll to let steam escape. Re-roll with towel and place seam side down on rack to cool.

Glazing: In food processor or blender, puree $\frac{1}{2}$ pint raspberries. Strain. Stir in granulated sugar; set aside. In small saucepan sprinkle gelatin over water; let stand 5 minutes. Cook over low heat, stirring, until gelatin is dissolved. Stir in brandy.

In mixer bowl beat cream, $\frac{1}{3}$ cup confectioners' sugar and gelatin mixture until stiff peaks form. Reserve a few berries for garnish; fold remaining into cream mixture. Unroll cake and spread raspberry puree to within 1 inch of edge. Spread on cream mixture. Roll up and place seam side down on a platter; trim ends of roll. Sprinkle with confectioners' sugar. Garnish with reserved berries. Refrigerate 30 minutes before serving. Makes 10 to 12 servings, 200 calories each per 10, 200 calories each per 12.

RASPBERRY SWIRL CHEESECAKE

For best results, make this cheesecake a day ahead. If you use the microwave, note that the recipe is cut in half.

Prep time: 20 minutes plus chilling
Baking time: 1 hour 30 minutes
Microwave time: 20 minutes

$\frac{1}{2}$ cup vanilla-flavored cookie crumbs
 $\frac{1}{2}$ cup amaretto cookie crumbs
2 tablespoons butter or margarine, melted
 $\frac{1}{2}$ pint raspberries, pureed and strained (about 1 cup),
divided
2 cups plus 2 tablespoons sugar
2 packages (8 oz. each) cream cheese, softened
4 eggs
 $\frac{1}{2}$ pint (2 cups) sour cream
1 tablespoon vanilla extract
Raspberries, for garnish

(continued on page 155)



Summer Salads

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INSIDE THE JOURNAL KITCHEN

getting the
most from
this month's
recipes



For 105 years, *Ladies' Home Journal* has been dedicated to providing first-rate recipes as well as up-to-the-minute information on food trends that reflect our changing lifestyles. To ensure that our recipes meet the highest standards for flavor, nutrition, appearance and reliability, we test them a minimum of three times in our own kitchen. That makes for quality you can count on.

know your MICROWAVE

Our microwave recipes were tested in 650- and 700-watt ovens. For the best results, it helps to know the wattage of your oven. If the manual doesn't tell you, use this test: Bring 1 cup tap water to a boil in a 1-cup glass measure. It will take 2½ to 3 minutes in a 600- to 700-watt oven, 4 minutes in a 500- to 600-watt oven. Since your oven may take more or less time to cook than ours do, always check food after the minimum time stated and adjust as necessary for desired results.

peachy-keen PEELING

Our scrumptious raspberry-peach cobbler (page 155) calls for peeled peaches. The easiest way to peel? Drop a few peaches into boiling water for 30 seconds, remove with a slotted spoon, then plunge them into ice water. The skin will slip off instantly. (This also works with tomatoes.) Repeat with remaining peaches. For a fast peach dessert that's even better than eating the fruit plain, slice peeled peaches and sprinkle with confectioner's sugar; add a splash of amaretto liqueur or peach schnapps. Let stand at room temperature 15 minutes before serving.

fail-proof PIECRUST

■ To get a perfect crust that's crisp, tender and attractive, think cold. Always chill butter, margarine or shortening in advance. Chill the water for the dough with a few ice cubes. If your kitchen is hot and you're having trouble rolling dough, chill it in the freezer for 15 minutes. After rolling and fitting the pastry into a pie plate, refrigerate 30 minutes or freeze 15 minutes.

■ To keep a shell from shrinking while prebaking, prick bottom with a fork and line with foil. Fill with dried beans or rice. Bake as directed, removing foil and contents during last five minutes of baking (this is what is known as "baking blind"). The beans or rice can be used again and again.

■ After removing a pie shell or a baked pie from the oven, cool on a wire rack. Air circulation keeps the bottom crust crisp.

degree of difficulty

We've designed symbols to help you determine the ease of preparation for each recipe.

- Easy
- ◐ Moderate
- Challenging
- Ⓜ Microwave

recipe index

Here is a listing of recipes appearing in this issue, including those from the *Journal Kitchen* and advertisements. (*Includes microwave instructions)

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blueberry bounty

'Tis the season for an abundance of delicious, inexpensive blueberries (we made the most of them in our True-Blue Berry pie, page 146). Take advantage of the lower prices—freeze now and enjoy them all summer and fall. Frozen berries can be substituted for fresh in any recipe. Before freezing, wrap each pint carton in plastic wrap or zip-to-seal plastic freezer bags. No need to thaw before using—just rinse under warm water.

RASPBERRIES

continued from page 149

heat oven to 325°F. In medium bowl combine cookie crumbs and butter or margarine. Press on bottom of a 9-inch springform pan. Wrap outside pan tightly with foil.

Combine raspberry puree with 2 tablespoons sugar; set aside. In mixer bowl beat cream cheese until light. Gradually beat in remaining 1½ cups sugar until fluffy. Add eggs one at a time, beating well after each addition. Blend in sour cream and vanilla. Pour half the batter into prepared pan. Add ¼ cup berry puree in 4 pools on top of batter. Swirl a knife through pools and batter to marbleize. Start from edges, pour remaining batter into pan. Spoon on remaining puree in 4 pools, repeating swirls. Make a water bath. Place pan in a roasting pan and fill with 1 inch boiling water. Bake 1 hour 30 minutes or until edges are lightly browned and cheesecake is set. Remove pan from oven. Cool cheesecake in water bath 1 hour. Remove from water and refrigerate overnight. Makes 16 servings, 440 calories each.

Microwave: Combine cookie crumbs and butter as directed above. Line bottom and sides of a 10-inch microwave-safe pie plate with crumb mixture. Spoon only ½ pint raspberries and 1 teaspoon sugar, prepare puree as directed. Prepare batter with 2 packages (8 oz. each) cream cheese, ¾ cup sugar, 2 eggs, 1 cup sour cream and 1½ teaspoons vanilla. Pour half the batter (about 2 cups) into prepared pie plate. Spoon ¼ cup puree in 4 pools and swirl with a knife. Repeat with remaining sugar and puree. Microwave on Medium (50% power) 20 minutes, rotating a quarter turn every 5 minutes, until center is set. Cool. Refrigerate overnight. Makes 10 servings, 400 calories each.

RASPBERRY WINE VINEGAR

extra to give as gifts.

Prep time: 10 minutes plus standing ○

Ingredients: 1 cup raspberries
1 bottle (12.7 oz.) white wine vinegar

In small bowl lightly crush raspberries. In small saucepan heat vinegar to boil. Pour over berries. Pour into a 1-quart jar with tight-fitting lid. Cover and let stand 5 days, shaking gently each day. Strain through a fine sieve. Makes 2 cups, 10 calories per tablespoon.

BLACK RASPBERRY-STRAWBERRY JAM

freezer jam tastes as much like fresh picked berries as any we've tried. Only caution: Keep it refrigerated.

Prep time: 45 minutes plus standing ○

Ingredients: 3 cups lightly crushed raspberries (about 1½ pints)
1 cup lightly crushed strawberries
1 teaspoon fresh lemon juice
1½ cups sugar, divided
1 package (1¾ oz.) light fruit pectin

Wash and dry five ½-pint jars and lids. In medium bowl combine berries with lemon juice. In small bowl combine ¼ cup sugar with pectin. Add to berry mixture; stir vigorously. Let stand 30 minutes, stirring every 10 minutes. Add remaining sugar and stir to dissolve. Spoon into jars. Cover and let stand until set, about 12 hours; refrigerate up to 1 month. Or freeze up to 6 months; thaw in refrigerator overnight and use within 2 weeks. Makes five ½-pint jars, 20 calories per tablespoon.



Raspberry cheesecake duo: right, baked in a conventional oven; left, made in the microwave.

RASPBERRY SABAYON

The richness of the berries is accented in this delightfully smooth sauce.

Total prep time: 15 minutes ○

Ingredients: 4 egg yolks
2 tablespoons sugar
⅓ cup sweet white Zinfandel or Riesling wine
2 tablespoons framboise (clear raspberry brandy)
½ cup heavy cream, whipped
1½ pints raspberries

In bottom of a double boiler heat water to a simmer. In top of double boiler whisk egg yolks and sugar until blended; add wine and brandy. Place top over barely simmering water. Beat with a hand-held electric mixer until mixture is pale and thick and forms a ribbon when beaters are lifted, about 5 minutes. Transfer to a bowl; place in a larger bowl with ice water. Beat until cool. Immediately fold in whipped cream. Divide the berries among 6 serving dishes; top with ½ cup sabayon and serve. Makes 6 servings, 180 calories each.

RASPBERRY-PEACH COBBLER

Our version of the traditional cobbler is pure comfort. Serve with whipped cream.

Prep time: 15 minutes
Baking time: 35 minutes ○

Filling

Ingredients: 1 pint raspberries
1 pound peaches, peeled and sliced (see page 150)
⅓ cup sugar
1 tablespoon fresh lemon juice
2 tablespoons butter or margarine, cut up

Topping

Ingredients: 1 cup all-purpose flour
¼ cup plus 1 teaspoon sugar
½ teaspoon baking soda
½ teaspoon baking powder
⅓ cup plus 1 tablespoon buttermilk
2 tablespoons butter or margarine, melted

Preheat oven to 400°F. Grease an 8-inch square baking pan.

Filling: In medium bowl toss raspberries and peaches with sugar and lemon juice. Spoon into prepared pan. Dot with butter or margarine.

Topping: In medium bowl combine flour, ¼ cup sugar, baking soda and baking powder. In bowl combine ⅓ cup buttermilk and melted butter. Add to dry ingredients; stir just until moistened. With floured hands shape dough into six 2-inch circles about ½ inch thick. Arrange on fruit. Brush tops with remaining 1 tablespoon buttermilk and sprinkle with remaining 1 teaspoon sugar. Bake 35 minutes or until topping is golden brown. Makes 6 servings, 325 calories each.

RASPBERRY SORBET

Great color, great taste. Perfect for a hot summer day.

Prep time: 10 minutes plus freezing ○

Ingredients: 1 cup water
⅓ cup sugar
2 pints raspberries
1 egg white, lightly beaten
1 teaspoon lemon juice

In large saucepan heat water and sugar to boiling; add raspberries. Transfer to food processor and puree. Strain into a large bowl and refrigerate until cold, 20 minutes.

Just before freezing, whisk beaten egg white and lemon juice into the chilled puree. Freeze in an ice-cream maker according to manufacturer's directions. Makes 6 cups, 65 calories per ½ cup.

Recipes developed by Kathy Jackette.

THERE'S A NAME FOR FOOD TH



■ A FATHER'S STORY

continued from page 92

her call me the second she gets here," Susan says, but Bob knows Susan will be in the yard when Marcy arrives.

Bob can hear the boys "helping" Barbie in the kitchen. Barbie is making a carrot cake, and Robbie is grating a carrot over the sink. Tim is twirling the egg beater around in an empty aluminum pot. Bob puts away the piles of laundry Barbie has left on the bed. He empties the trash cans, straightens the bathrooms, then waits for the phone call from Elizabeth. Even though Elizabeth must know he could never forget that his daughter is shooting along in the sky, Elizabeth always calls. "She has two large plaid suitcases and a wardrobe case," she says.

Bob promises to have Marcy call her mother once they are in the house. "Thanks, Bobby," Elizabeth says. She is the only person who still calls him by his childhood name.

At the airport Bob watches the trickle, then flood of passengers disembark. At last he sees Marcy, wearing baggy blue jeans and a large white shirt. She is looking around with a hesitant smile on her face, a smile that does not want to give offense should she happen to look directly at her father and fail to recognize him. Bob feels his heart choking with love. She is beautiful. He waves both arms in the air. Running to her, he hugs her tightly and the words "Father Bear" come to mind; he would kill for her if he had to.

Barbie, of course, was right. Marcy seems completely at home. Each day

she and Susan walk to the pool. They lounge in bikinis while their skirts turn from cream to coffee. After days Marcy's hair is streaked with gold, and Eric, the lifeguard, is waiting her home. The pool closes at 1 and reopens at seven for two hours. Eric, Marcy and Susan usually hang around Susan's house until it is time for Eric to return to work.

Sitting on the deck, Bob and Barbie can watch the teenagers in the yard, who talk while sitting on the rusted swing set. Sometimes Marcy twirls herself up in the swing, then, lifting her feet off the ground, she winds quickly. Bob tries not to let Marcy notice him watching, but he can't fool Barbie, who is right beside him. "She's bound to have a boyfriend at fifteen. She probably has a steady

FOOD.



HORMEL.



back home," Barbie says. "I'm not so sure. I think ballet takes all her time," Bob says, though he doesn't know if what he is saying is true. He doesn't want her to be in a world outside her school and the life of her mother's life. Bob feels the same way about the boys; he doesn't want them entering into the world at the same time. He's afraid that once his children enter the world they will never be able to come back.

Do you really think she doesn't have a boyfriend? I had my first boyfriend and my first kiss when I was twelve. How old were you?"

Bob smiles. Though he hates himself for doing it, he calculates their years together. Barbie was twelve years old in 1969. Bob was twenty-four, a father, a former husband of Elizabeth. "I was

five," he says. "I had my first girl in kindergarten."

Robbie and Tim do not hide their interest in teenagers. When they come onto the deck—dripping orange Popsicles—they look through the slats to Susan's yard as the neon-colored liquid runs down to their pajama tops.

During the third week of Marcy's visit, Bob is already mourning its end. He regrets that he doesn't spend more time with his daughter, but he can't take time off from his job until August, when she will be gone. Instead, he makes plans to take Marcy to lunch. Barbie drives Marcy to the restaurant before leaving to go shopping. It's a great pleasure for Bob to escort his daughter to the table. After they order, Bob asks Marcy about her dancing. He's surprised that she has a lot to

say. She would like to be a professional dancer someday; she also wants to be a lawyer. Bob wonders what he will say when she stops talking, but the food takes a lot of concentration. He asks about school and again Marcy talks; she is lovely, but Bob realizes, sadly, that she is fifteen, and no matter how much he loves her, he doesn't have much to say to someone fifteen years old. He regrets anew that they have a limited history together. If he had been part of her childhood, there would be shared memories that they could take out and examine together.

After Barbie collects Marcy in front of the restaurant, Bob watches them drive off. Their heads are bobbing with conversation and laughter.

That evening when Bob gets home, he feels as if he's

(continued)

■ A FATHER'S STORY

continued

wandered into a female pajama party. Susan, Susan's cousin, Marcy and Barbie are all sitting at the kitchen table eating pizza (how does Marcy stay so thin, he wonders) talking about a dance, the Summer Splash, which is going to be held at the pool. Eric has asked Marcy to be his date for the evening, but Marcy has nothing to wear.

"To a pool party?" Bob asks incredulously.

Barbie shakes her head impatient-

in a million television shows, but his only experience was when he was the date and Elizabeth's father was the father. Those evenings were wonderful for their style, for the assignment of roles and for the use of cliché. They lasted throughout high school or until Bob became too frequent a visitor to keep up the formality.

Bob knocks on Marcy's door a few minutes before Eric is expected. His daughter is sitting at the vanity table Barbie had put in the room before Marcy arrived. Marcy is wearing an off-the-shoulder dress in pale lemon

looking like a sun god. His blond hair has turned white at the edge; it matches his eyebrows. His big round face is not particularly handsome, and Eric suspects the kid isn't too bright. "Come in, Eric," Bob says, gesturing toward the living room.

Eric has the rolling walk of a saint; he eases himself into a chair but sits at the edge. "Nice night," he says.

Bob is torn between wanting to give the kid a hug for playing his part so well and wanting to take a punch in the nose for his stupid face for having the nerve to take Marcy to a dance as if she were



ly, as if she finds it tiring dealing with a slow-witted grandfather. "No, it's a real dance. They put a dance floor over the pool. They have several bands."

"Oh," Bob says. He finds the boys at the end of the block. They have pizza stains on their faces and on the soft undersides of their arms.

The night of the dance, Bob realizes he'll be playing the father's role of meeting his daughter's date at the door. He'll be expected to chat with Eric while Marcy finishes dressing. Bob has seen this situation

yellow. Against her tan skin, the dress is even paler. "You look beautiful," Bob says, after rehearsing this line and finding it best for its simplicity.

"Thanks, Daddy," Marcy says. She is holding a contraption that resembles the utensil for holding escargots in their shells. She claims it will curl her eyelashes. Bob winces and departs.

Barbie is reading to Robbie and Tim in the downstairs playroom when the doorbell sounds. "This is it," Bob says under his breath. His palm is moist when he touches the knob on the front door and pulls. Eric stands before him

grown woman.

"Yeah, there's a nice cool breeze," Bob says. "I noticed you have a convertible. Maybe you should put the top up." Bob, like a hammy actor, is expanding his part. He can't help it. He hopes the kids will wear their seat belts and drive carefully.

"I'll check with Marcy to see what way she wants the top," Eric says. Now Bob does hate the jerk, with his bulging biceps and chlorine-soaked brain.

Just then Marcy enters the living room. With her comes cleanness

the scent of flowers. Her hair is not the way it was a few minutes before; now it is up in a French braid so her wonderful dancer's neck is showing. Bob and Eric stand, but before Bob can say anything about driving safely, Marcy and Eric are gone.

The night passes more slowly than any night Bob can remember. Bob and Barbie lie with a light blanket over them; it is a crisp night, and somehow the sheets maintain their coolness even after Barbie drifts off to sleep. He keeps his eye on the digital

swing set. Marcy's long back is bent over her knees; her arms encircle her shins. Eric, whose hair and jacket are as bright as Marcy's dress, is sitting beside her. He is moving his arm to her waist and talking softly so that Bob can't hear the words.

Anger, then sadness come to Bob. Before the kiss actually takes place, Bob's eyes fill with tears. He bites his lip so he won't cry out, but his stopping action isn't good enough. It's not safe. Quietly, so he won't be heard, he raises himself and tiptoes back into the house. He puts his arms on the kitchen counter and

her on the phone, he wonders if his voice will give out when he talks. He takes several breaths before speaking. He has not felt this emotional in years.

"There's nobody else I can tell about this, Elizabeth," he says finally. "Nobody else would care as much." He tells her about Eric, the dance, the grassy hill, the swings, the kiss.

"A lifeguard?" Elizabeth says slowly. Suddenly, Bob can see Elizabeth across three thousand miles. He describes Marcy's dress ("I know it," she says) and the whiteness of Eric's dinner jacket as it shone in the night.

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clock. At a quarter to one, fifteen minutes before Marcy's curfew, he gets up, checks on the boys and goes to the kitchen. He runs the water mindlessly, then fills a glass. Drinking the water, he slides open the glass door to the back and steps outside. It is a perfect night. Bob sits on the step. He does not expect to see anything, and the sight of Marcy's dress shining in the dark surprises him. He almost calls out. In a second his eyes have adjusted to the back of Susan's yard. Marcy and Eric are sitting on a grassy knoll beside the rusted

bends his head. One large sob rolls up from his stomach. He catches it in his mouth, where it sounds like a growl.

When the tears overflow, he wipes them away with the back of his hand. Then, before caution deters him, he pads over to the wall phone. Opening the refrigerator for light, he dials the number, figuring as he dials that it's almost four in the morning; he hopes he will not scare Elizabeth.

"Don't worry," he says when she answers. Elizabeth asks if everything is all right.

"Fine," he says, but now that he has

"I feel so sad, Bobby."

"Me, too."

They breathe back and forth before Bob tells Elizabeth that he has to go. "I have to let them know I'm awake and watching," he says.

"Yes," she says, "but don't frighten them."

"I'll switch the light on and off a few times. If that doesn't work, I'll call out to them."

"Yes, call out," Elizabeth tells him before she says good night.

"Good night, Elizabeth," he says as he slowly hangs up the phone. ■

KATHLEEN TURNER

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probably have a lot more time with my child than most women do. But I'm finding there's a definite pull between acting and motherhood for me.

"I have a wonderful nanny who treats my child as I would like her to be treated, so I have the consolation that Rachel is getting what she needs when I'm not there. But I also think it's important for me to do my job. I can't imagine not doing it."

Because of Rachel, Kathleen reveals that she is now keen to do stage work in New York once *The Accidental Tourist* is completed. "I'd love to do that because with stage work I could stay home during the day for Rachel and then go to work at night when she is sleeping. And I love the stage; it's where I started."

Hollywood-bound

The daughter of a U.S. foreign service officer, Turner grew up in Canada, Venezuela and England. It was in England that Kathleen first decided she wanted to act. "I was fourteen, and we had just moved to London—my father was in the U.S. Embassy there. We went to see *Mame*. I distinctly remember thinking, That's how I want to make my money when I grow up."

Later, back in the States, Kathleen studied theater arts at the University of Maryland. After graduating in 1977, and with only \$100 in her pocket, she moved to New York, determined to make it as an actress. Shortly after, she landed a series of small roles off-off Broadway before joining the cast of the NBC soap *The Doctors*.

By the time she was twenty-seven, Kathleen had risen from soaps to film stardom with *Body Heat*. Five years later, she received an Oscar nomination for best actress for *Peggy Sue Got Married* but lost out to Marlee Matlin.

"One of the wonderful things about being successful in this business is that you have access to the best people, the best directors, the best film crews. It's extraordinarily exciting, just thinking about whom I could be working with next."

Romancing the public

Her own name has been a big box-office draw for most of this decade, but Turner says that it is only in the last year that she has become a recognizable face. "Before then, I didn't have much of a problem being recognized, which was lovely. Now that's changed. I can't go around anymore without people noticing or knowing who I am."

"But I'm very pleased and very, very flattered that when people do come up to me, they say, 'I like your work.' I'm thrilled they don't say, 'Ohhh, I love you' or 'I love your hair. . . .'"

Kathleen says she will never forget the warning William Hurt gave her seven years ago when they first worked together. "He told me then that no one teaches you how to handle being a star. Our profession talks endlessly about training and practice and the work we do, but there is no class on how to behave like a star, which perhaps there should be."

Celebrity, says Kathleen, definitely makes life more complicated. "There are so many more responsibilities, and your time means so much to people. It's a little disconcerting when you learn you've hurt someone because you didn't make five minutes for them or return their call as soon as they expected it. You just blithely go on doing what you've always done, except that there is suddenly so much more of it to do. It takes work to make sure that people aren't hurt by what they perceive as thoughtlessness on your part."

"On the other hand," she says, laughing, "success, as Michael Douglas says, means you can get a table at any restaurant in town—and that's great!"

Douglas was not only Turner's co-star in *Romancing the Stone* and *The Jewel of the Nile*, he is also one of her closest friends.

"I have the best time with Michael. We'd both love to work together again—I mean, we're like Jack and Jill, we go well together. We want to do another *Romancing the Stone*, and we will as soon as we get a script we like."

But Kathleen isn't just waiting for suitable scripts—she recently started her own production company and is currently developing two films in which she will also star. One is called *A Flag for Sunrise*, about a nun caught up in a South American revolution. The other is *Table Money*, about the life of a blue-collar family in New York. At the moment, says Turner, her goal is simply to keep working.

"Someone once told me that there are five stages in an actor's life. For me, the first would be 'Who is Kathleen Turner?' Then 'I want Kathleen Turner,' followed by 'I want a Kathleen Turner type.' Next, 'I want a young Kathleen Turner' and finally back to 'Who is Kathleen Turner?'"

"Right now," says the actress, "I'm at the 'I want Kathleen Turner' stage, although I'm beginning to hear whispers about 'Kathleen Turner types,' so you never know. . . ."

But with the movie heat Turner continues to generate, it is unlikely she will have to worry anytime soon. ■

SYLVESTER STALLONE

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going on twelve, and he's built four cars just from junk," Stallone says proudly. "But his life's going to be difficult, just because he's my son. There'll be complications—he'll have to develop a little hide. We talk about that a lot."

These intimate moments between father and son are something Sly will never experience with his youngest child, Seargeoh, pronounced Sergi Seargeoh, nine, is autistic and lives in a world of his own. "He was normal the first few years of his life," says Sly. "He developed autism at the age of three, which is characteristic of the syndrome. It was the worst day of my life when I found out. I cursed the heavens. I cried. How ironic it was how unfair, that I, who paid so much attention to health, knew so much about health, couldn't help my son."

"But I'm a realist. I've accepted the limitations of Seargeoh's life. I would use the word tragic because Seargeoh is in a good place. He's not in pain, not overtly unhappy. Still, when I want to spend time with my son, I have to enter his world. You don't try to bring a child like that into your world, because he won't come. When you walk into a room, he looks through you. So I sit on the floor with him, and as he stares into space, I talk to him. After a while he begins to give you sidelong glances. If I ask him to hug me, he will. He's close, yet he's so far away."

Both Sly and Sasha have become experts on autism. Sasha has successfully campaigned for more research in the field, and Sly has donated the proceeds from the premieres of two of his movies to the cause.

Is Stallone concerned that the Rambo money-making machine might go out of fashion? That the jingoism represents will wane with the end of Reaganism? "Of course, everything goes in trends and you need to predict those trends. But when I wrote *Rambo*, I wasn't thinking of flag-waving—it was Reagan who adopted the character, who said that after seeing *Rambo* he knew what to do. And there is nothing like national pride."

Two years ago, he was asked to become a political figure. "I was approached about running for governor of California," says Sly, who won't reveal the names of his backers. "But I turned down because I don't think I'd be a good governor and because I don't have the patience to play political games."

So what's next? "Do you know what I'd really like to do? I'd like to make a movie on the life of Puccini, surprise everyone. And take time off to be a sportsman for a year. Play polo."

PAUL NEWMAN

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vs Ted Kennedy, Jr., a member of the camp board and someone who knows the effects cancer can have on a child. "I takes the kids away from the medical environment," Kennedy, now twenty-six, had his right leg amputated above the knee at the age of twelve, when it was discovered that he had a rare form of bone cancer. Today, he works in Boston on the re-election campaign of his father, Senator Ted Kennedy. "I spent two years going through chemotherapy treatments," he recalls. "There is a feeling that comes over you during that time, a feeling that you are the only one going through it. It was a comfort then to see others in similar situations. It takes your mind off feeling sorry for yourself. That's why this camp is so important. Also, what many people fail to realize is that a disease like cancer can wipe out a family financially," adds Kennedy. "Such families can barely afford the necessities of life, so the fact that this camp is free is an even greater benefit."

Gift from the heart

Initially, the camp required \$11 million to build. Seven million came from Newman's company. The rest came from public donations and foundations. A \$5 million endowment to operate the camp arrived through the help of Khaled Alhegelan, a twenty-five-year-old Saudi businessman who lives in Washington, D.C. He contacted Newman after he learned about plans for the camp. Alhegelan suffers from thalassemia, an inherited blood disorder. Since childhood he has had to be hospitalized every three weeks for a blood transfusion, and he still remembers the pain and loneliness of his youth. "Mr. Alhegelan remembered how—as a child—it was important for him to get away from the hospital atmosphere," Newman says. "And it was important for me to hear him describe what it is like to face a life-threatening illness for twenty-five years. It was helpful to learn about the difficulty he had being fragile and feeling different. That's why it's so important for children to have good times in order to get through the bad times." Five days after their initial meeting, a \$5 million check, a gift from King Fahd and the people of Saudi Arabia, arrived. "I never expected it," says Newman, who held back tears when the Saudi ambassador gave him the check. Fund-raising for the camp continues. Financing is still needed for long-term operating expenses, and Newman wants to winterize the camp so that off-season it can be used for meetings and seminars for parents of children with catastrophic diseases. But for now, when asked about this summer's camp activities, Newman replies, "I want to spend as much time there as possible; I'm looking forward to doing a lot of fishing in the lake. And if asked, I will be happy to serve as the camp's official prankster," as the movie world's number-one practical joker. Newman, who once sent a crushed car to his pal Robert Redford, adds, "If the kids want me to give them the benefit of my expertise, I'll teach them a few tricks." Suddenly turning philosophical, the actor says the most important trick he's learned, however, has nothing to do with jokes and everything to do with why he started the camp in the first place. "The trick of living," he says, "is to turn on and off the planet with the least fuss you can muster. I'm not a professional philanthropist, and I'm not running for sainthood. I just happen to think that in life we need to be a little like the farmer who puts back into the soil what he takes out."

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■ A WOMAN TODAY

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agreed. We would be prudent, but we would go on.

After several days of resting in our camper, Alex felt ready to hit the road again. So Buck and I continued onward, cresting the majestic Sierra Nevada Mountains. Before us lay our next challenge—Death Valley.

The desert sun was relentless. That February, the temperature there was a scorching 98 degrees. And almost worse than the heat was the silence.

But worst of all, Buck was bitten by a rattlesnake. Alex and I drove seventy miles in search of a vet, but we couldn't find one. We thought Buck was going to die.

We sat up with him that night, dribbling water on his tongue, and by morning he could lift his head. Amazingly, within a few days he had completely recovered. Together we finished our trek through Death Valley and crossed into Nevada.

All through the miles of Nevada desert land, we were surprised by rousing welcomes. Buck and I were treated like celebrities and interviewed by reporters. I also spoke in schools and at clubs, dinners and parties.

People seemed fascinated with my journey. I soon realized that to many of them, I represented the hope that someday they could make their own dreams come true. This became especially clear to me two months later in Colorado. I was taking a break on the steps of a schoolhouse one day when a car stopped in front of me. The young driver got out and said, "Elena, my name's Carol. I've been looking for you. When I heard you talk on the radio, I realized what's been missing from my life. I've had a dream, but I was afraid to take the risk. Your trip made me decide to do it." She paused. "I'm joining the Peace Corps. My mother thinks I'm crazy, but I've already started to pack." She gave me a hug. "I wanted you to know." Needless to say, Carol made me feel great.

It was also in Colorado that I had one of the most memorable experiences of my trip. That spring, the Olympic torch relay had begun, in celebration of the upcoming summer Olympics in Los Angeles, and runners were carrying the torch across the country. Thanks to some last-minute arrangements by Alex, I was able to meet a runner near Hayden, Colorado. He passed the torch to another runner, who then turned and handed it to me.

I was unprepared for this moving event, and tears welled up in my eyes. All I could manage to say was "America, the beautiful." I held the torch for

one glorious moment, then I handed back to the runner, who sprinted off. The Olympic caravan stopped to encourage me, yelling, "Go for it!"

After that, Bucky and I began climb of 11,307 feet, to one of the highest points in the Rocky Mountains. It was freezing, but I concentrated on keeping my breathing steady. I felt that if I did this, I could do anything.

One hour later, in a flurry of snow, we finally reached the summit. Alex was waiting for us, his eyes shining with pride. Buck and I had walked from eighty-two feet below sea level, in Death Valley, to the top of this mountain. As I looked at the beauty of the land before me, I thought my heart would burst. I truly felt on top of my journey.

At the end of September, Buck and I reached the halfway point of our trek near Dodge City, Kansas. But it was also in Kansas that I was shot.

Buck and I had been walking along a peaceful country road when suddenly I felt a sudden and piercing pain in my groin. I spotted two young boys playing in their yard with a pellet gun. Fortunately, the wound was minor and didn't need treatment (although I found out later that a pellet gun is considered a lethal weapon). But I went to the boys' house with a police officer to make sure they understood that what they had done was wrong.

"My dog, Bucky, and I have been walking across the country," I told Rick, who was ten, and Chris, eleven. "Today you shot me. I'm lucky; the muscle will repair. But if you'd shot me in the eye, it wouldn't. And if you shot my dog, I might have lost him."

Just as I'd hoped, Bucky got to the hospital. I stayed several hours, and when I stood up to say good-bye, the boys hugged me and promised to write.

We headed north through the winter, and in April we reached Washington, D.C. A week before the Fourth of July, we were only forty miles from the Statue of Liberty. I was happy and sad at the same time. I couldn't believe it was almost over.

On July 4, at ten A.M., Buck and I completed the last mile. We walked along Statue of Liberty Drive accompanied by Jersey City Mayor Anthony Cucci and my sons, Gary and Guy, who had flown in for the occasion. A crowd of well-wishers cheered us on.

As we reached the end of Liberty State Park, tears began to stream down my face. There across the harbor stood Lady Liberty, framed by the New York City skyline. I had made it.

Elena Hanuse's next adventure begins in September. She plans a 3,200-mile walk across Europe, starting in Lisbon, Portugal, and ending in Moscow.

TRAGEDY AND TRIUMPH

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trees and small children, sits the brick house where Steven and Patti Ann McDonald live with their little son, Conor. It is less than an hour's drive from midtown Manhattan, but it seems much further away. A world away from nonstop noise and dirt and strangers who bump into you and don't say "sorry." A world away from bright lights and glitter and broken glass in the gutter. A world away from Central Park and July 12, 1986.

One of the three bullets fired that day is still trapped inside Officer McDonald's spinal column. And Officer McDonald, paralyzed from the neck down, is trapped in an extremely sophisticated wheelchair. He moves it by blowing and sipping on two plastic tubes that extend from the chair to his mouth. When you tell him how amazing the wheelchair is, he says, "What is amazing is when I can hug my wife again."

Today Steven remembers only patches of the hours after he was shot, but his wife will never forget a single detail. That summer weekend, when Patti Ann was twenty-four years old and three months pregnant, she was visiting her sister in Yardley,

Pennsylvania. "I was upstairs taking a nap, and I woke up because I heard these loud voices," Patti Ann recalls. "I went downstairs, and my sister said, 'Mom called. Steven has been shot.'"

During the two-hour drive by police back to New York, Patti Ann had no idea whether her husband was only slightly injured or near death. When she finally reached busy Bellevue Hospital, she was met by more police.

"They said Steven was in stable condition, and I kept thinking they would say he was going to be all right," she explains. "Finally I stopped this one doctor, and I said I wanted to know what was going on with my husband. And he said, 'Hasn't anyone spoken to you? Someone should have spoken to you.' He was very annoyed. Then he told me Steven was paralyzed from the neck down. I felt as if I had been punched in the stomach twenty times. We were in a very small room, and it got much smaller as he spoke."

Steven McDonald remembers that moment, too. "After the doctor told Patti Ann I was paralyzed, we were alone and she was very quiet," he recalls. "She had her arms wrapped around her stomach, and she was crying. She needed someone to hold her and tell her it was going to be all right. But I couldn't hold her anymore. I

couldn't offer anything to her. I was just a head on a pillow."

Shattered hopes

Patti Ann remembers going home that first night and looking around their home, their first apartment. "I looked at the cup in the sink, the unmade bed. And I sat there thinking, What was he doing just before he left? What was his day like? I kept touching everything," she says. Patti Ann's voice trailed off. She stared off into some personal distance, and when she looked back she was crying. "He never came back to that apartment."

The newlyweds had started their life together in that apartment. From the beginning, Steven McDonald and Patti Ann Norris seemed meant for each other; he the third of eight children, she the third of six, both honest, straightforward Catholic kids who grew up on Long Island. They dated for a few years, and then one night they went to see *The Razor's Edge*, a movie about a man who realizes too late that he has lost the woman he really loves. At the end of one particularly poignant scene in the film, Steven suddenly turned to Patti Ann and said, "Let's get married." They did, on November 9, 1985. That (continued)

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■ TRAGEDY AND TRIUMPH

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day, says Patti Ann, "seems like a lifetime ago."

Before they were married, Steven had been director of housekeeping at a hospital. When he had told Patti Ann he was planning to become a police officer, she was not enthusiastic. Later, she was glad when he was transferred to Central Park. Cops don't get shot there, she thought.

For the first few months after the

speak, stand, or live at home. From the beginning, the McDonalds were determined to prove them wrong.

After a few months in the hospital, Steven began to try to breathe for a few seconds each day on his own. His eyes would grow round with the effort. But his reward would be a light on the machine, indicating that he was helping himself to breathe.

And although Steven still could not speak, he managed to communicate with his wife, even over the phone. He would spit loudly—once if he meant

trying to feel the baby moving inside. The couple's son, Conor Patrick, was born January 29, 1987. Steven, too, to leave his own hospital bed, first saw his newborn son via a video phone hookup. Minutes after his healthy seven-pound, twelve-ounce son entered the world, Steven was moved to the ICU and could only mouth the word "overcome." Still, the memory of their son's birth is bittersweet.

"It was hard, not having Steven at the delivery," Patti Ann says, her eyes filling. "He said he was going to

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shooting, Steven lay in Bellevue Hospital, unable to breathe without a respirator, too ill to undergo physical therapy, and sometimes too sedated to see his wife sitting at his side for hours at a time, keeping watch and talking with their visitors, who included New York City Mayor Edward Koch and Cardinal John O'Connor. Steven was able to move only his eyes freely; even turning his head a fraction was difficult and exhausting. From the beginning, doctors warned Patti Ann that her husband might never be able to

no, and twice if he meant yes. Their late-night telephone conversations, after Patti Ann had gone home for the day, were heartbreakingly simple.

"Are you tired?" Patti would ask.

"Yes."

"Do you want me to hang up and let you sleep?"

"No."

It was Patti's pregnancy that made Steven's paralysis especially agonizing for him. Whenever he felt strong enough, he managed to tilt his head and rest it against his wife's stomach,

with me, and he couldn't be." Steven touched his son for the first time many days later, when his wife brought baby to the hospital and laid him against his father's cheek—the place where Steven still feels touch.

Ironically, there was another event to remember on the day Conor was born. Steven's assailant, Shavod Jones, was sentenced to three and a half years in prison. At the time Steven was shot, he had been free with bail, pending sentencing for another crime, armed robbery. Jones's pen-

shooting a police officer was the minimum that could be imposed on someone so young, but it was far milder than the sentence he gave Steven McDonald.

Learning to live again

Months after Steven was shot, he was moved to Craig Hospital, in Englewood, Colorado, a leading center for rehabilitation of people with spinal injuries. At Bellevue, Steven had never had a single breath of fresh air, but

Steven also began using a mouth stick to turn the pages of books so he could read by himself. He grew skilled at using the stick to type on a word processor and to write with a pen. He spent longer periods of time off the respirator. And most important, he received a "talking trachea" tube, which allowed him to speak audibly again. His first words were for Patti Ann. "I love you," he told her.

Despite such victories, Steven's doctors agreed that he had little chance of regaining much movement and that

and it was one of the few times she allowed herself to feel bitter. "I was yelling to God, 'What are you doing to me? I've got Steven out in Colorado. Isn't that enough?'"

For Steven, it was one more reminder of his limitations. "The dependency is the thing that will kill you," he says. "When I was a big, strong guy, I was always the one that would be there to help. Patti Ann has had to do so many things on her own. When Conor was sick I was two thousand miles away. I talked to Patti Ann, and she was cry-



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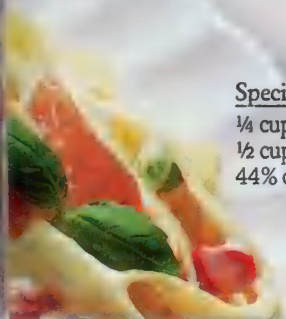


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his first day at Craig he was out. Slowly, he learned to operate the wheelchair with the tubes, breathing to go forward and breathing in to backward.

"I wasn't very good at it initially," Patti says. "I kept bumping into things going the wrong way. They even let Patti Ann try it out so she would know what it was like. Sometimes she would imagine what it's all like... I lie in bed at night and try not to use her arms and legs and see what it would be like to be a quadriplegic."

his life span could be considerably shortened by his injury. "People told me I was lucky to have eight months of marriage with Steven before he was shot," Patti says. "I wanted eighty years of marriage."

Then, suddenly, it was baby Conor's life that caused concern. In July of 1987, the six-month-old contracted meningitis and spent eight days in the hospital. For Patti Ann, who had been dividing her time between Colorado and New York, the scare with Conor was nearly more than she could bear,

ing. Her family and my family were there, but I wasn't there."

A new beginning

After seven months at Craig and a total of sixteen months of a hospital existence, Steven finally came home—to a home he'd never seen before, less than one mile from their first modest apartment. Two Wall Street executives, moved by the young family's extraordinary situation, had bought the McDonalds a small Cape Cod (continued)

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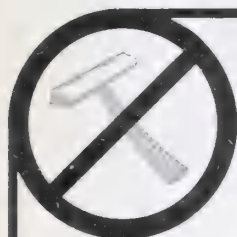
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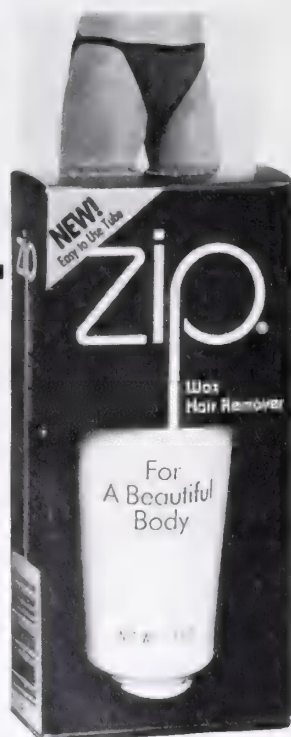


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■ TRAGEDY AND TRIUMPH continued

house. Then contractors, architect technicians and designers transform it so Steven could live as normally possible. The two-story house has an elevator, wheelchair-accessible ramp, a voice-activated computer that opens doors and turns on appliances, a treatment room with a telephone that Steven can blow into to call the operator, a "standing stall" that lifts him into an upright position, and a backup generator in case his respirator fails. Donations paid for the \$500,000 worth of remodeling the house required. There are also an annual contribution from a millionaire philanthropist, donations from the public and Steven's salary, which he will receive until he decides to retire.

The irony that the McDonalds have a much higher standard of living now than they would have if Steven were still on patrol does not escape them. "I'd give it all up tomorrow and go back to the one-bedroom apartment Steven could walk," says Patti Ann.

"The last months have been hard," she admits. "Before, there was always the hope that the day Steven got out of the hospital he would walk out. And he didn't. And for sixteen months I was making all the decisions. Now Steven's back in the picture, and I sometimes forget he has a mind of his own. I'll say something is fine, and he'll say, 'Wait a minute, did you ask me?' the baby will be sick, and I'll call the mother and he'll say, 'Why didn't you come to me, tell me?'"

The couple, married such a short while at the time of the accident, had to learn to live together again. They lived in hospitals for a longer time than I lived with my wife," Steven adds softly. "And I hadn't lived with Conor at all. I'm still trying to adjust myself to a family situation, and to my own. The most difficult moment since the injury was the day I came home from Colorado. There were no illusions then. We know that this is the way it is, for now at least."

And the way it is means living with dependency every day, each one beginning with the arduous two-hour procedure of getting out of bed. Steven's nurses—three shifts around the clock—must also suction out his lungs, move his hands and arms to maintain muscle tone, and shift his body to avoid skin sores. There are the more mundane duties, like trimming Steven's nails and combing his hair, the more sensitive ones, the catheterization and bowel procedures.

"I can do all the things Steven cannot do," says Patti Ann quietly, "but

...doesn't like me to do some of them. We're fortunate to have the nurses, and as long as we do, we're not going to have a nurse-patient relationship. We are husband and wife."

And parents. "I don't know many newly married people who want to have a baby right away," Steven rejects. "Most like to wait a while. But it was important to us to have a baby. Now we feel Conor was God's way of telling us to hang in there."

Conor often scrambles up the footrest of his father's wheelchair, climbing into his lap to kiss or feel his face. Sometimes he handles the plastic tube that runs from the respirator to the base of Steven's throat, or he sets off the alarm on the generator behind the chair. And sometimes, like most eighteen-month-olds, Conor misbehaves, throwing toys or tearing up tissues, seeming to know that his father can reprimand him but do no more.

"I was very active in different sports, and having a son, you hope he'll have the same enthusiasms," says Steven. "It really bothers me that when Conor throws the ball, I can't throw it back. He's never known me any other way. Hopefully, someday he will."

Steven adds thoughtfully, "I remember when we had Conor's first birthday party, and one of the nurses brought her husband. And it's hard to see people enjoying themselves, having a drink, holding their best girl. And here you are in the chair. I guess I was feeling sorry for myself and a little envious. Even though it was a time to be happy—I was alive, right?—I was melting down. And this man said, 'Steven, maybe ten years from now you'll have your cure. What will you be then—forty? And what will Conor be—?' He was right. I thought, That couldn't be bad at all."

But every once in a while, Steven's situation overwhelms him. His neck aches constantly, and there are nights when he cannot sleep. "I listen to the sound of my respirator," he says, "and I think that it's the only thing that's keeping me alive."

"He has good days and bad days," Patti Ann says later. "He's not a saint. I'm not a saint. I wouldn't be human if I said I don't get angry or down. But I've been lucky. We have each other and we have our faith." When Patti Ann has her own bad days, she gets in her car and drives for miles with the radio on, not sure where she's going or when she'll be back—running away, as she candidly calls it, feeling that her husband cannot do the same. Steven's escape, when he needs one, is going up to the family room to blast the Rolling Stones or listen on the stereo.



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Ordinary people

But on the good days, the McDonalds' life has an ordinariness all its own. She goes to her part-time job as an editorial assistant at a magazine. He receives communion daily, and he goes to mass every Sunday at a nearby church with a ramp. Each day he reads, exercises and looks at the mail—frequent letters from people who are praying for him. He watches TV or the VCR, or more likely, spends hours watching his muscular toddler play. Conor, in his playpen next to Steven, beats on his father's arm and yells baby nonsense at him. Patti comes home, gives her husband and her son dinner—she laughingly admits she's still learning to cook—and talks over her day with Steven. At night, they watch movies on the VCR, or there may be visits from friends or either of their parents; Patti Ann's live only a few doors down the street.

And if they want to get out of the house, the McDonalds have plenty of invitations. There are communion breakfasts for Catholic police officers, opening day at the baseball stadium, rock concerts, the St. Patrick's Day parade. Steven addresses schoolchildren and police groups, and he has toured the Times Square area at night, help-

ing to counsel runaway teens.

Steven also regularly monitors the police radio, hearing reports of crimes he can no longer help solve. "I wish I could put on my uniform again," he says. When he talks of police work, Steven McDonald—the son and grandson of cops, whose shield number is the same as his father's—becomes especially animated. "As a kid growing up, I was always surrounded by cops. They're all heroes in my eyes, and I always admired what they did. But my perception of police work wasn't *Miami Vice*. I wanted to help people."

That concern for others shows even as he speaks of his assailant. "Shavod Jones is a young kid; I don't find him evil. That was an evil moment," says Steven. "But I'm proof that good triumphs. I'd like to meet him at some point, just to talk to him and help him. Of all the things that can come out of this, the biggest tragedy would be if he went out and committed more crimes."

"I'm not just a cop that he can walk away from and forget about," Steven adds quietly. "I'm a big part of that kid's life now. He's changed my life and my baby's life and my wife's life. Patti Ann only had eight months of being married to me the way I was. I'd let her go, I love her that much. But Patti Ann loves me . . . words (continued)

Special Blessings for July

Thank you, Lord,
for blessing us
With freedom strong and true,
But tell me, Lord,
those fireworks,
Are they
too loud
for you?



Bless our country
with freedom forever!

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TRAGEDY AND TRIUMPH continued

can't describe the way she loves me. She's as beautiful inside as she is outside." Then Steven leans back in his chair as his eyes fill with tears.

For her part, Patti Ann discounts such talk about setting her free. "That's sort of self-pity, isn't it?" she says, not unkindly. "Because what he really wants to hear is that I wouldn't ever leave. And I never would. Steven is the best person I've ever known."

And of her husband's assailant, she says, "I know what Steven says about Shavod Jones. But he intentionally shot to kill Steven, and if there's not going to be justice in this world, there's going to be justice in the next."

But most of the young couple's life together is not concerned with dramatic declarations of love and justice. They simply live it day to day and talk of their plans for the future. He thinks of going to college. She still hopes to have more children, although she's not sure whether the techniques used to make that possible, including artificial insemination, would be acceptable to the church. Perhaps, the couple say, they might adopt some children.

Patti Ann does not dwell much on the absence of sexual intimacy with

her husband. "You realize that that's not all there is," she says. "Just the touching and holding are more important than the purely physical aspects. I hug Steven all the time, but I miss being hugged in return."

And like her husband, Patti Ann finds strength in her religion. "Prayer will get the job done," she says. "It keeps me going that Steven's made so much progress."

Progress that cautious doctors would not have predicted. "They said I was going to die, that I wasn't going to sit up, that I wasn't going to speak," says Steven. "Either you can give up, or you can have faith and say it's going to get better." During mass last Ash Wednesday, he suddenly realized he had slight voluntary movement in three fingers of one hand, and in one foot. His physician, Dr. Gregory Fried, says it's not unusual for victims of spinal-cord injuries like Steven to have some minimal movement. "I'm an optimist," says Fried, "but no one knows what's ahead. In any case, Steven's story is not a medical one. He's a hero, not a patient. He's in the world's worst prison, and yet his spirit has allowed him to go past it."

And Steven's faith is strong. "My hope is there's something going on inside me. It's not over yet."

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BEAUTY & FASHION JOURNAL

Page 25: Upper left photo. Linen walking shorts, jacket and shirt, Willie Smith/Willie Wear; silk rose, A. Brod; hat, Hat Attack; belt, British Khaki. Lower left photo. Walking shorts, tank and cardigan, Anne Klein II. Photos on right from top: Jacket and top, Anne Klein II; earrings, Debra Fine Yohai; barrette, Debra Moises. Top, Adrienne Vitadini; earrings, Ben-Amun. Top, Michael Kors; scarf, Specialty House; sunglasses, Morgenthal-Fredrics Opticians. Blouse, Anne Klein; earrings, Yamada/Vendome of Tokyo; tote, La Bagagerie. Page 30: Stockings, Hanes Plus Hosiery; sunglasses, Morgenthal-Fredrics Opticians.

GREAT FASHION DOWN UNDER

Pages 136-137: Boy—shoe, G.H. Bass & Co.; cap, Banana Republic. Girl—socks, E.G. Smith; shoe, G.H. Bass & Co. Mom—linen hat with gros grain ribbon, Karen Flood; scarf, Echo; watch, Timex; canvas boots, American Eagle. Dad—shirt, pants and boots, Banana Republic; watch, Seiko. Pages 138-139: Lower left photo. Mom—earrings, Monet; scarf, Echo; leather thongs, Craft Caravan, NYC. Girl—hat, Hat Attack; scarf, Echo; flats, G.H. Bass & Co. Large photo on right: Girl—bandana, Ruza Creations; belt, Echo; sunglasses, Riviera; socks, E.G. Smith; shoe, G.H. Bass & Co. Boy—sneakers, Keds Corporation. Mom—shirt, Bowman Trading; boots, American Eagle. Upper right photo. Mom—sunglasses, Anne Klein for Riviera; belt, Ruza Creations; white bucks, G.H. Bass & Co. Girl—barrette, Riviera; socks, Trimfit; sneakers, Keds Corporation. Boy—cap, Hat Attack; socks, Trimfit; white bucks, G.H. Bass & Co. Dad—watch, Timex; white bucks, G.H. Bass & Co. Pages 140-141: Photo at opera house. Girl—watch, Timex. Mom—scarf, Echo; canvas bag, Globe Canvas Co.; earrings, Kenneth J. Lane. Boy—scarf, Echo. Dad—pants, Banana Republic. Bottom left photo. Mom—sunglasses, Anne Klein for Riviera. Photo on right. Mom—sunglasses, Anne Klein for Riviera.

VOTE-GETTING MAKEOVERS

Page 124: Jacket and shell, Anne Klein II; earrings, BRZ; scarf, Hermes; bracelet, Kenneth J. Lane. Page 125: Blazer and blouse, Anne Klein II; earrings, Kenneth J. Lane; bracelet, Erwin Pearl. Page 126: Dress and sweater, Steve Fabrikant; earrings and necklace, Les Bernard. Page 127: Jacket and shell, Anne Klein; earrings, Anne Klein II; necklace and bracelet, Erwin Pearl. Page 128: Blouse, Ralph Lauren; earrings, Kenneth J. Lane; pin, Erwin Pearl. Page 129: Top, Anne Klein; belt, La Bagagerie; earrings, Kenneth J. Lane; necklace, BRZ.

WHAT IS IT?

Pages 111-116: Napkins, Frank McIntosh at Henri Bendel, 10 W. 57th St., NYC 10019.

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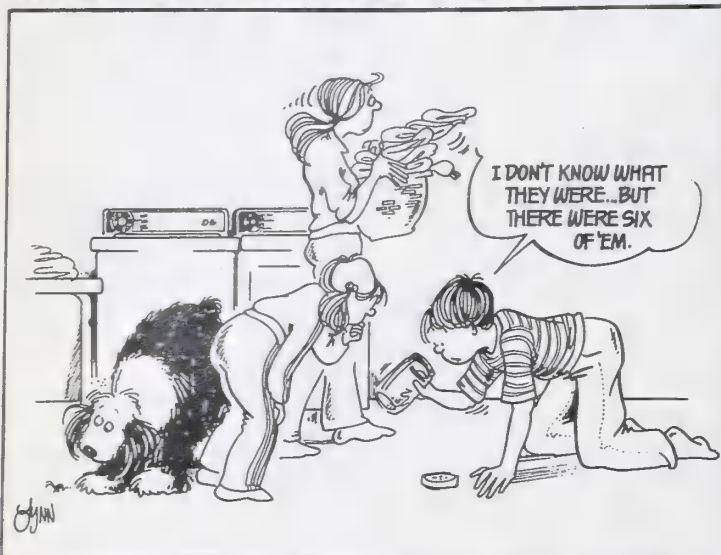
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LAST LAUGHS

FOR BETTER OR FOR WORSE By Lynn Johnston



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Out of the mouths of babes

As we took turns reading aloud the fortunes in our cookies at a Chinese restaurant, I noticed that my four-year-old son was crying. When I asked him what was wrong, he moaned, "I ate the instructions."
—Marina Sbrochi, Columbus, OH

Upon my five-year-old's return from the amusement park, I asked her how she enjoyed the rides. "Oh, the roller coaster scared me to death," she said breathlessly. "Three times!"

—Mrs. Barbara Genetti, New Tripoli, PA

The neighbors had gathered for their children's weekly softball match, and my niece—quietly nearing forty—smiled as her six-year-old, Erin, went to the plate. Showing off her new uniform, Erin turned her back to the crowd, pointed to her shirt and shouted: "Look, Mama, Number 39—your age!"
—Mary W. Anderson, Tempe, AZ

AU REVOIR TO MY WAISTLINE

I eat ■ bite of quiche lorraine,
And ■ dab of crepes suzette
■ sliver of cream-filled napoleon
And a morsel of baguette.
I tell myself that it's all right
Since all I do is sample
But then I look at my derriere
And see it's grown très ample!

—Lynne M. Waldron

Unsolved mysteries of daily living

Have you ever wondered why...

- ... a diet soda tastes better with a candy bar?
- ... "I'm going to read the newspaper" means your husband's going to fall asleep in his favorite chair?
- ... your six-year-old can spend four hours in the public pool but will balk at five minutes in the bathtub?
- ... your ten-year-old can memorize the lyrics of a rock tune in one hour, yet spend a year trying to learn her multiplication tables?

—Gwenn Jones Rives

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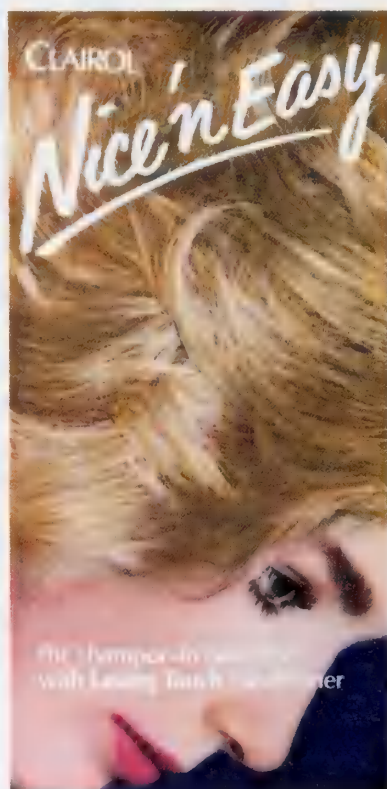
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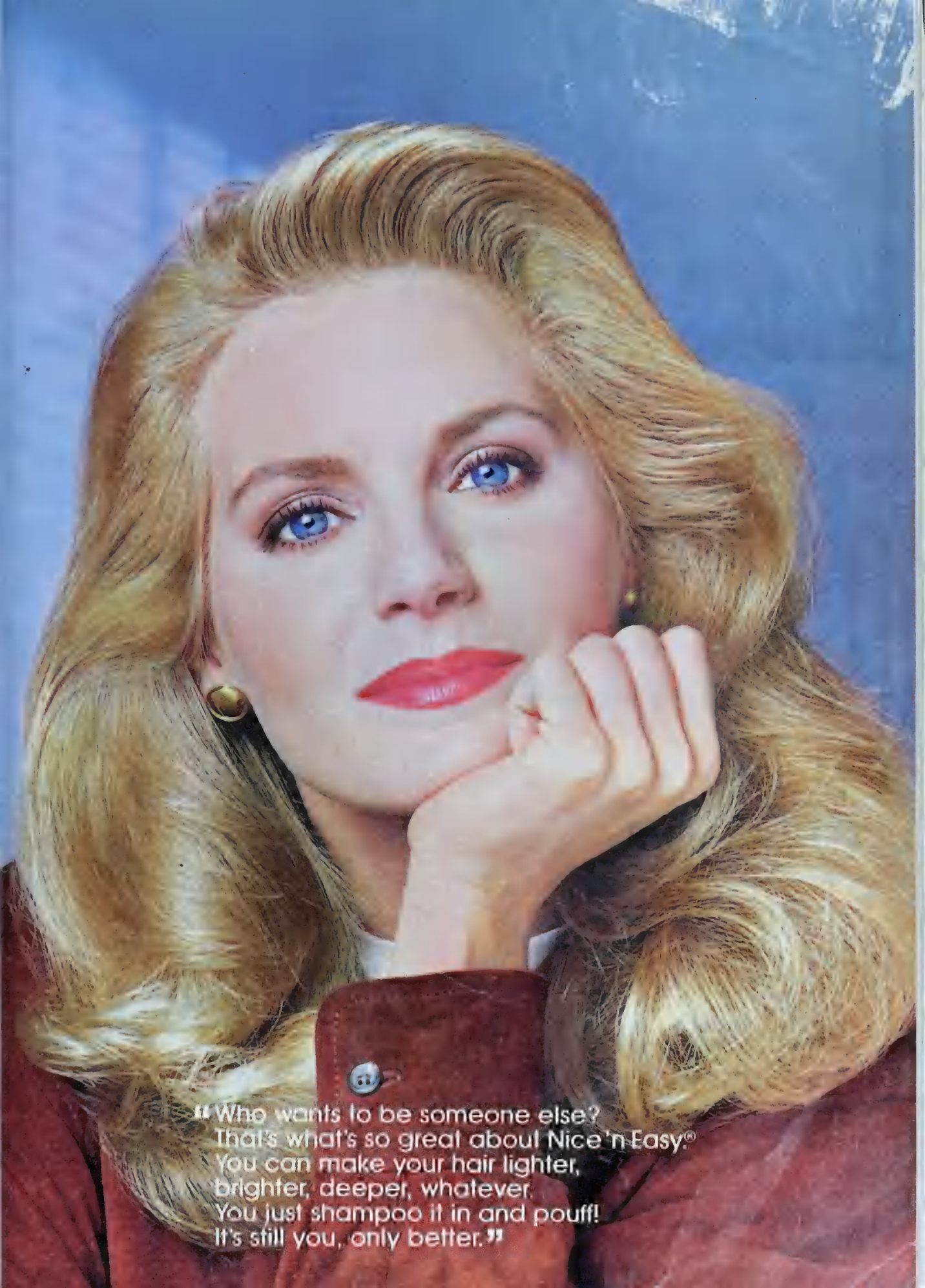
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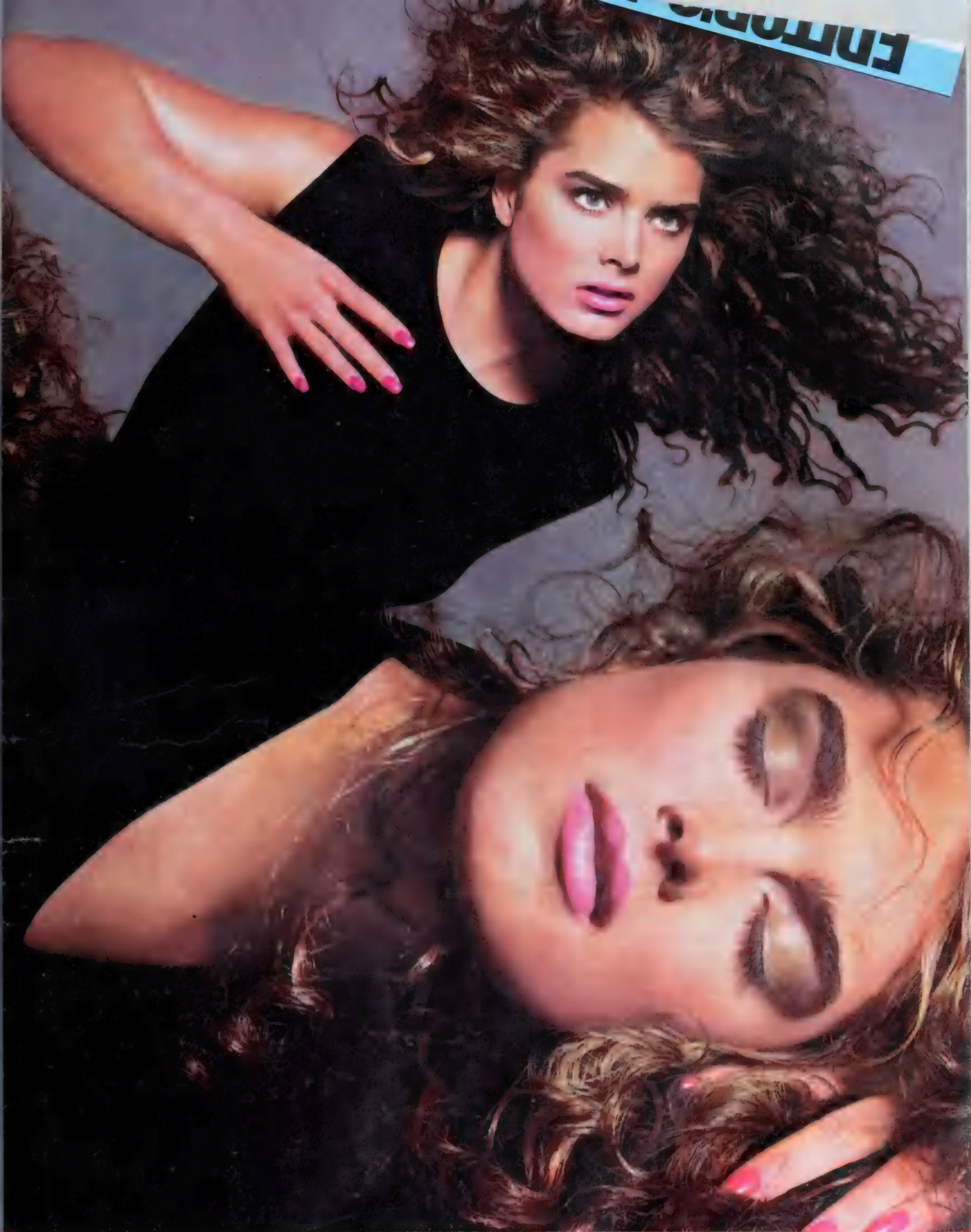
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By Myrna Blyth



How superstitious are you?



Ever since we all found out a couple of months ago that the First Lady is interested in astrology and believes that she and the President have good and bad days, people have been a lot more open about admitting their own major and minor superstitions. Personally, I'm not very superstitious, but I have to acknowledge that even I have a quirk or two. For example, I wish on the first star I see at night, and I'm a lot more likely to see a star to wish on during this time of year when I'm out on the deck finishing dinner. What do I wish for? That my kids will be all right, that the magazine will do well and that I will have enough willpower to stop eating the vanilla Swiss almond ice cream I'm usually consuming as I wish.

Recently I asked *LHJ*'s usually rational staff to share their superstitions, and I got a battery of them. If you are superstitious, I think they'll make you feel better because some of them are as quirky as they come. (If you're not, knock on wood—you're lucky!)

■ For example, Senior Editor Jane Farrell told me, "I have a particularly modern superstition. I won't get out of bed in the morning if the numbers on my digital clock radio add up to thirteen. If I wake up at 7:06 or 8:05 A.M., I wait an extra minute before getting out of bed." Now, how about that?

■ Reader Service Editor Li Dwork told me, "If I talk about or even think about some catastrophic situation, I knock on wood not three times but eighteen times, because eighteen is the number symbolic of the Hebrew word 'chai,' meaning life. So if I knock eighteen times, nothing bad will happen. They'll live, I'll live." Li admits she's managed to combine two ideas into one *big* superstition.

■ Other surprising superstitions: Associate Books and Fiction Editor Sofia Marchant says she tries to say "rabbit" the first thing on the first day of every month. "Unfortunately, I remember only about once a year," she admits. And Assistant Managing Editor Nina Keilin, who has a black cat and thinks nothing of opening umbrellas indoors, never, but never, takes off her wedding ring. "I feel that to do so would break the spell. Who knows? It's kept us going eight years," she says—without crossing her fingers.

A final note: When Associate Decorating and Design Editor Karen Reisler was in New Orleans shooting this month's *Journal* house tour (page 130), she was so enthralled by the city and its special atmosphere, she visited a voodoo priestess. When she came back, she rushed to my office and told me that the priestess, the Reverend Dr. Lady Bishop, promised her that all sorts of wonderful good luck would befall *LHJ* and all its staff if her picture was in the magazine. If not—well, Karen wouldn't tell me exactly what would happen; she just shuddered. Now, I told you I'm not very superstitious, but to be on the safe side, here's the picture of the lady in question. And I trust we'll all be having a sunny, lucky August.



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Ladies' Home Journal ® (ISSN 0023 7124) August 1988, Vol. CV, No. 8. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. \$19.95; Canada, 1 yr. \$27.95; all other countries, \$27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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LADIES' HOME

Journal®

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AUGUST 1988

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Cover: Fergie, Syndication International. Christie Brinkley photo by Frances Scavullo; hair, Mark Pipino; makeup, Mariella Smith-Masters. JFK, UPI/Bettmann Newsphotos.

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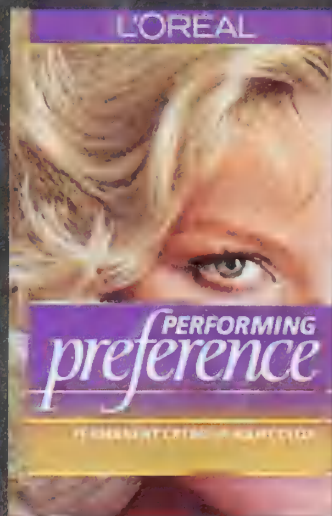
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CAN THIS MARRIAGE BE SAVED?

We're roommates, not lovers

By Ellen Switzer



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Leora Manischewitz, Ph.D., a counselor in private practice in New York City. The story reported here is true, although names and other details have been changed to conceal identities.

Karen's turn

"JONATHAN AND I HAVE BEEN MARRIED three years now, but we seem more like roommates than lovers," said twenty-six-year-old Karen, a tall, thin, soft-spoken blond. "I'm an actress. Jonathan's a stage technician. Everybody thinks we have so much in common, but you'd never know it. We barely talk to each other and never do anything together. We also have two different sets of friends. Mine, mostly actors and actresses, hang out at a coffee shop near Broadway; Jonathan usually goes to a pizza place with his buddies from the crew.

"Jonathan and I make conversation about the weather and about whose turn it is to do the laundry. That's about it. Who knows, maybe I'm jealous. Jonathan gets all the work he can handle—and is paid well for it—and I rarely get a role.

"Still, we haven't had a serious

fight. If we can't compromise, we just drop the subject—I think we're both afraid of hurting each other. We have

some long-term arguments that have never gotten resolved. Take my diet, for instance. I try to explain that actresses have to be

thin, but Jonathan doesn't understand and he just won't let up. He harangues me about eating enough to stay healthy. But that's not all; he's always on my case about trying out for different kinds of parts, too. Jonathan does know a lot about the theater, and he thinks I go after roles I have no chance of ever getting. I suppose I should listen to him, but when he goes on and on like a broken record, I walk out the door just to get away.

"Another thing we never fight about is our sex life—or rather, lack of it. I was a virgin when we met, and I don't think Jonathan was all that experienced either. We haven't made love in six months, and it's probably my fault. Jonathan's always in the mood, and I'm just not. Days and weeks go by that I don't even think about making love, but it's all he can ever think of! Yet neither of us seems able to bring up the subject, so we just sort of sidestep it.

"The one thing I can't stop thinking about, though, is my dream of being an actress. My parents were both aspiring singers. They met at the old Metropolitan Opera in New York, where they were in the chorus. The pay wasn't great, and

after three kids—I'm the youngest—they couldn't afford to stay in New York. So they moved to Ohio, and Dad opened a hardware store and Mom taught music at the high school. I know they've both (continued on page 18)

Karen and Jonathan seemed to be going their separate ways. What happens when two people love each other but can't connect?



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■ CAN THIS MARRIAGE

continued from page 14

regretted that they never made it as professional singers.

"But they had high hopes for me! Ever since kindergarten, I won the top role in every class play. After I graduated, I joined a small repertory company in Ohio, and everybody thought I had real talent. Eventually, I was offered a scholarship to study with an acting teacher in New York, so I moved to the big city.

"I was the typical small-town girl with big ambitions... I managed to find a handful of minor roles in Off-Broadway plays, but mostly I did a lot of waitressing. Still do. To save money, I moved into a dirt-cheap apartment; nothing worked, but at least it was near the theater district.

"Jonathan lived in the apartment above mine. The night we met, I had just come home from a bad audition, and I couldn't even get the front door open. Nothing in my life was going right, and I just sat down on the stairs and started crying.

"That's when Jonathan came along and took over. He can fix anything, and he did. He stopped up the leak in my kitchen faucet and fixed the stove, too. We started to see each other every

day, but it was really just a platonic relationship. After two months, he asked me to move in with him. It would save money, he explained, and free me to go to more auditions. See, we really did start out as roommates. Jonathan slept on the couch.

"But after three months, that changed. We became lovers. Though I used contraceptive foam, I got pregnant. Jonathan wanted to get married right away; I wasn't so sure, but then I agreed. We flew to Ohio for the weekend and were married in my church with just our families and a few close friends present.

"I lost the baby early on. I pretended it didn't matter, since we hadn't planned on it, but I was overwhelmingly sad. Jonathan tried to comfort me, but nothing could get me out of my funk. He tried to make me work, circling auditions in the paper that I could go for, bringing me scripts, but I barely had the desire to even get up in the morning, let alone get dressed.

"At one point I was offered a big role in an Off-Broadway play—not the greatest script, but it seemed good enough. We all worked day and night for months to make it a success, but the play bombed. Small consolation that the critics gave me a good review.

"As if that weren't enough, I discov-

ered I was pregnant again. Around the tenth week, I again married. And again I hit bottom. I take any more rejections. I have something with my life. I love it more than—I can't really think of it without him, and it kills me to just know it's hopeless. We'll never have the intimacy that will make marriage work.

"When I told Jonathan I had packed my suitcase and was moving out, he was apart. Then he suggested counseling. He figured it couldn't hurt, but I think the only way I'm going to get my life together is to try to do something on my own. I know I've been childish, but Jonathan deserves so much better. I don't know what else to do. I can't stop mooching off my husband forever."

Jonathan's turn

"I fell in love with Karen the moment I saw her," Jonathan, twenty-eight, says quietly. "Anyone can see how beautiful she is, but what got me was how unpretentious she was. In my job, I had to know a lot of actresses, and most of them were pretty cynical. But while Karen was clearly intelligent, she still had a little bit of the Ohio country girl in her. Also, she really needed someone to (contin-

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...this point I told them that instead of ignoring those problems or walking the door, they should force themselves to air their concerns so that resentments did not build up. Though it was difficult for them to say anything, they thought would hurt the other person, once they tried they realized how much better it was to solve a problem than let it fester.

Because of their lack of communication, this couple really didn't know each other very well. Jonathan assumed Karen was emotionally fragile, and he continued to treat her as such. I think it was important for both to realize that Karen had actually displayed strength and determination. It was not easy trying to make it in the competitive New York theater world without appointing her husband or her parents while at the same time earning enough to cover her share of the household expenses. Yet she had managed to do this until the combination of two carriages and poor nutrition had worn her down physically.

Unfortunately, by treating her like a wounded bird, Jonathan unwittingly made Karen even more insecure. We learned this helplessness, and it is a possible cause of depression. I explained to him that it would be more beneficial to give Karen positive sug-

gestions and support—telling her, perhaps, that he had heard about a new play—but let Karen take it from there.

"As Jonathan began to treat Karen more like an equal, he was pleased and proud to see that she could indeed handle herself well. What's more, as Karen started to gain more self-esteem, she was more assertive and confident in her manner, and her career opportunities increased. On her own she decided to use some of her earnings to get a new portfolio and professional resumé made up. This helped her find an agent—much needed by anyone wishing to work on Broadway. Jonathan had suggested this some time ago, but she had been reluctant to spend the money on herself when there were so many unpaid bills.

"Though he wouldn't admit it at first, Jonathan also suffered from a lack of self-esteem. He felt, probably correctly, that his parents were sometimes ashamed of their son's career choice. However, though the difference between stage crews and 'artists' in the theater is important to some people, he had wrongly ascribed such snobbish feelings to Karen. Indeed, during our sessions Karen told him for the first time that she and her friends were actually envious of anyone who could bring in an adequate weekly

paycheck and still talk about the theater with intelligence and sensitivity. Hearing this, Jonathan started to feel less self-conscious around Karen's friends and made a point of joining them for coffee whenever he could.

"Via Jonathan's backstage grapevine, Karen recently heard of a young producer looking for acting talent for television commercials. She auditioned and got a part. While it's not Broadway, a commercial pays well, and Karen has been able to cut down on her waitressing and concentrate on auditions. This also means that Karen and Jonathan can spend more time together mornings and afternoons.

"Not surprisingly, the couple's sex life has been improving steadily. Now that Karen is confident with her choice of birth control, she's more receptive to Jonathan's romantic overtures. Though Jonathan is still assertive, he understands there are times when Karen just wants to cuddle; she no longer feels guilty telling him so, and he no longer takes it as a rejection.

"Three months ago, Karen and Jonathan ended counseling. 'I never really wanted to leave him,' Karen said the last time we talked. 'Packing that suitcase was a cry for help. Finally, we got the guidance we needed to give our relationship a chance to grow.'"



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My sorrow, my joy

By Bernice Cuming

I was pregnant with twins. And then I learned that one of my babies would be born only to die. What could I do?

It's been almost two years now since my son was born and his twin sister died. Since then, I've spent a lot of time trying to understand both the miracle of life and the mystery of death. I still don't have any answers.

I had known almost from the beginning that this would be a multiple birth and a difficult pregnancy. My first pregnancy had been complicated, too—I had been almost thirty-six years old, and I'd already had two miscarriages and an ectopic pregnancy. At that time, my doctor had put me on hormone supplements, and because I was spotting, I'd had to stay in bed for ten weeks. My daughter was born almost a month early, in February 1985, but she was healthy and beautiful. I finally knew the sweet reality of motherhood.

When my daughter was eight months old, I started taking Clomid—a mild fertility drug that I understood was not associated with multiple births. I desperately wanted another child and thought I should start as soon as possible, not knowing how long it would take to conceive. Because of my history, my doctor monitored me carefully. When a blood test was positive, my husband and I were elated—but cautious.

Five weeks later, I underwent a sono-

gram. "There it is," said the radiologist, looking at the screen. "Or I should say there *they* are—you're having twins!"

I was stunned. How could he tell? The radiologist pointed out the two small black masses in the uterus. I looked at the sonogram screen, confused. "What about that dark blob at the top of the screen?" I asked.

The radiologist did a double take.

"Holy smokes, that's another fetus!" he said. "It's triplets."

I felt numb, as if this really weren't happening to me. I had wanted another child, but I'd never imagined I'd have several at once.

My husband and daughter were waiting for me, and I walked dazed into their support-

ive circle. Within half an hour my husband had absorbed the news and began tentatively making plans to turn the downstairs of our home into a dormitory to accommodate our brood; we would have four children under the age of three. I could not think of anything other than how we'd ever manage.

But eight weeks later a second sonogram showed that one of the fetal sacs was receding into the uterine wall. My obstetrician told me that this kind of miscarriage was fairly common in multiple births. I was sad but relieved.

As the weeks went by, I got used to the idea of having twins and even began to welcome the thought. But then I had an amniocentesis and everything changed. I lay on the examining table for what seemed like an eternity—far longer than I knew the routine test should take. "What's wrong?" I finally asked my obstetrician, Thomas Kerenyi. He said gravely, "Bernice, I cannot give you the assurance you want."

I listened quietly as he explained that one fetus looked fine on the sonogram, although we wouldn't know for sure until we got the amniocentesis results, but the other had an

(continued)



The author
cuddles with her
two young
children



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■ A WOMAN TODAY

continued

incomplete cranium—a large gap in its skull. This indicated that the baby might have anencephaly, a condition in which most of the brain is missing. As he spoke, my throat tightened and my body turned cold.

"I'm sending you to the hospital, where a more sophisticated sonogram will confirm whether this is an anencephalic fetus," Dr. Kerenyi went on. "If it is, the condition is incompatible with life. Your baby will almost certainly die within a few days after birth."

My husband and I held hands as we walked the nine blocks to the hospital, crying but not speaking. The sonogram supported my doctor's theory, and two weeks later the results from the amniocentesis confirmed it. Learning the sex of my babies—that my son would survive and my daughter would not—made the situation real.

That summer, as we watched our one-and-a-half-year-old take on the world, we were sustained by our joy in her and the strength from our marriage and our friends. We began to feel that there must be a gift hidden somewhere in this sadness—that if our daughter could not live, she might help another baby do so. After talking with our minister, we decided to donate her organs when she was born.

The hospital, however, turned us down. Legally, we were told, anencephalic babies are not considered to be brain dead, thus their organs cannot be removed. And by the time an anencephalic is declared brain dead (usually within days of birth), the infant's organs are damaged from lack of oxygen and cannot be used.

We were depressed, and sad that we couldn't donate our baby's organs, but we went on. My doctor had warned us that the babies could be born prematurely, so we savored each good day. "We got through the summer," we told each other with hugs at the end of August. On September 14 we went to see the hit Broadway play *Me and My Girl* and came home singing.

The tune quickly changed. The next morning, just as we were about to leave the house, the floor around me suddenly became thick with blood. I was hemorrhaging.

We rushed to the emergency room. My doctor prescribed hospitalization, fetal monitoring and Ritodrine, a drug that retards labor but produces side effects, such as shaking and sweating.

If I had to be bedridden, I wanted to be at home, so I could be with my daughter and accessible to my family and friends. I convinced my doctor that it made sense, because I could have a

portable fetal monitor and I lived a dozen blocks from the hospital. I could get in quickly if I had to.

Emergencies arose three times. Baby B—as our daughter referred to in the medical reports—developed another problem. Her otic sac had become swollen with excess water, a condition possibly related to the leakage of bodily fluids through her open cranium. As a result I was very nauseous. Anything I ate I vomited, which triggered hemorrhaging.

I checked into the hospital after a fourth emergency on November 3. I received increased doses of Ritodrine. The doctors also tested to determine whether my son's lungs were sufficiently developed so that he could survive birth. At 1:14 P.M. I was released from my hospital bed, toying with the idea of overriding my doctor's conditions and going home, when I glanced down. The sheets were red with blood.

I rang for the nurse and ordered myself to stay calm. I was just over six months pregnant, my son stood a chance of surviving and—miraculously—my doctor was in the hospital.

A short while later, Dr. Kerenyi arrived at my bed—which had been moved outside the operating theater after leaving a nonemergency operation midstream. He told me that I was going to deliver now.

Dr. Kerenyi hoped this would be a natural delivery. However, because the bleeding was so intense, the obstetrician insisted that we do an emergency caesarean section.

My son was born at 2:01 and my sister at 2:03 on that blustery November afternoon. Twenty-four members of the medical team were on hand to help and simply to observe an uncommon phenomenon.

When I surfaced momentarily from a drugged state hours later, my husband was at my side. "Have you seen them?" I asked. He squeezed my hand and nodded. I fell back to sleep.

Because I was recovering from a caesarean, I did not get to see my babies for thirty-six hours. By then my daughter had died and my son was in an intensive-care isolette.

Although my doctor suggested that I not see my daughter, I was adamant. A social worker took me in a wheelchair to the hospital morgue and showed me alone in a chilly but cheerful room. An attendant wheeled my daughter in. She was wrapped in a blanket with a cap over her head. Her blue eyes were wide open.

At just over two pounds, she seemed no bigger than my hand. I sat next to her for a few moments, this plain doll that was my child. I tried to talk to her, (continued on page

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NOT BRAVE
ENOUGH
TO WEAR
THIS...

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style

ON SUN-BAKED DAYS
MAKEUP SMEARS, SKIN
GETS THE GREASIES, HAIR
HANGS LIMP OR FRIZZES OUT TO
THERE. BUT YOU CAN KEEP HEAT
FROM WREAKING HAVOC WITH YOUR LOOKS. BELOW, THREE WOMEN PROVE
THAT IT CAN BE A BREEZE TO MAINTAIN POLISH WHEN THE HEAT IS ON!

hot-weather makeovers

The dilemma Andrea thought a hint of a tan was an excuse to stop wearing makeup.

The quick fix Foundation spot-applied only to shadows, uneven areas. ■ Eyeshadow in brown and peach, with color concentrated at lashline. ■ Pink blush revs up sallow skin. ■ Moisturizing lipstick in tan-flattering rose. ■ Styling lotion around hairline to lift hair away from face.

The moral Soft tones of makeup, well blended, look most natural. Go for a little extra color on lips to wake up your whole face on sluggish days.



■ Too natural:
Andrea Gurvitz,
senior V.P. for D.A.Y.
Public Relations,
Ogilvy & Mather,
New York City



Oily hair ■
and skin caused
trouble for
Gina Carrilla, a
publicity
coordinator in
New York City

The dilemma A classic case of the greasies: Limp, do-nothing hair, supershiny skin and smeary makeup.

The quick fix Sheer water-base foundation followed by a dusting of translucent powder all over for staying power. ■ Go for waterproof mascara and pencil liner. ■ Line and fill in lips with lip pencil topped with lip balm. ■ Collect pretty hairbands for cool style.

The moral Adopt a greaseproof strategy if you're prone to oily skin and hair. More anti-oil musts: oil-free shampoo and conditioner.

The dilemma Haphazard hair and pearlized pastel makeup equal a sparkly, unsophisticated appearance.

The quick fix De-frost makeup with matte shades of rust and apricot shadow, terra-cotta eyeliner and mascara. ■ If you love shimmer, let lips shine and leave rest of face matte. ■ Mousse hairline and diffuser-dry, wearing a headband to control curls.

The moral Tawny matte or soft metallic neutrals are best for day—save pale, icy shades for night, but use only on eyes or lips, not both.



■ Eileen
O'Reilly, an
editorial
assistant in
New York,
needed a
grown-up look

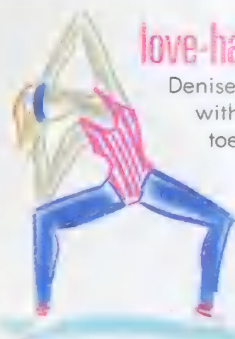




BEAUTY BONUS: choosing the right foundation

These days there's more to buying a base than merely matching your skin tone. According to Brian Sanders, senior marketing manager for Maybelline Face Products, "Foundations are more advanced, combining lightweight coverage with a treatment—moisturizer or astringent, for example—suited to your skin type. It's a welcome switch from the masklike bases of the past." What's best for you? We asked the pros at Maybelline, Cover Girl and Coty.

SKIN TYPE	MAKEUP CHOICE	HOW TO APPLY	TOP PRODUCTS
Oily, blemish-prone, with large pores	OIL-FREE: Contains little or no oil, may be labeled oil-blotting or pore-minimizing, with astringent or oil-absorbing ingredients like kaolin or calcium silicate to prevent shine breakthrough	Oil-free foundations tend to be thin, watery and quick-drying, so stroke on and blend them in fast and evenly	Look for Coty Oil Free Make-up with Astringent, Cover Girl All-Day Oil Control Make-up, Clinique Pore-Minimizer Makeup and Maybelline Shine Free Oil Control Make-Up
Normal or combination—characterized by slightly oily T-zone and a drier cheek area	WATER-BASE: Contains a minimal amount of oil. Some have built-in moisturizers and protein to nourish skin; mousse formulas give the sheerest coverage for the most natural look	For best results, apply lightly with a damp sponge or spot-apply with fingers, then blend with a sponge	We recommend Max Factor Light & Natural Fluid, L'Oréal Visuelle Makeup Fluide, Revlon Touch and Glow Makeup and Maybelline Sheer Essentials Make-up
Dry, with flakiness around T-zone, fine lines around the eyes, crepiness and wrinkles	MOISTURIZING: A creamy, emollient, oil-base product, labeled replenishing, nourishing or moisture-enriched. Will contain ingredients like vitamin E, aloe, allantoin, collagen and jojoba oil, which give skin a dewy, younger look	Since this type of foundation offers the most coverage—whether you choose a liquid or cream form—be sure to apply sparingly. Blend thoroughly, especially around nose, hairline and jaw, where makeup tends to collect	Count on Avon AMM Perfecting Moisture Liquid Makeup, Ultima II ProCollagen Anti-Aging Firming Foundation, Estée Lauder Polished Performance Liquid Makeup, Countess Isserlyn Powder-Finish Creme Makeup
Sensitive, easily irritated, itchy, red or blotchy	SENSITIVE-SKIN: A product designed to be hypo-allergenic, containing no fragrance or other common allergens	Foundations for sensitive skin are available in all types of formulas. Depending on the one you choose, apply as noted	Try Clarion Moisturizing Liquid Make-Up, Almay Fresh Look Oil-Free Makeup, Cover Girl Extremely Gentle Liquid Make-Up



love-handle buster

Get your torso bikini-slim with this exercise from fitness pro Denise Austin of the Non-aerobic Workout Video. Stand with feet a little more than shoulder width apart, toes turned out. Bend knees as shown, keeping buttocks tucked under. Put hands behind head, elbows straight out. Bending sideways from waist, try to touch elbow to knee. Straighten torso and bend the other way. Alternate slowly for one minute.

NEW PRODUCTS

■ A trio from Revlon: Revlon Red, a bold new shade for lips, nails and cheeks; Triple Defense Lip Anti-Ager (SPF 19); and Lash Repair to strengthen and lengthen lashes. ■ Look for the Luminosité Collection from Fernand Aubry, the famous French beauty expert who created cosmetic styles for Audrey Hepburn and Ingrid Bergman (available at select JC Penney stores). ■ Try Elizabeth Taylor's Passion Body Rites—bath gel, lotion, powder.

CLAIRESSE

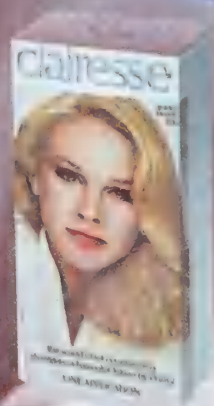
FROM BORING TO ALLURING

haircolor was getting
nowhere. No color, no
no night's.

Claireesse® the gentle
made the subtlest dif-
ference. But all the difference.
A little lighter, a little
darker, and a lot more ex-
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blended, to color each
strand the way nature does. A
moist conditioner leaves my
hair feeling lustrous. And
Clairesse has no ammonia,
even smells nice.

Next time, I'll decide to
go a little darker. A bit more
sassy? (Maybe I should've
done this long ago.)

The Gentle Color of
clairesse
BY CLAIROL



show-off smiles

Did you know there's a correlation between the size and shape of the front six top teeth and how others perceive your age and personality? Read on for a tongue-in-cheek analysis of celebrity smiles.

By Jeff Morley, D.D.S., president of the American Academy of Cosmetic Dentistry



DOLLY PARTON: RADIANT

Dolly's gleaming white teeth send mixed signals—her four front teeth are large and square, indicating boldness; her canines are femininely rounded.



DIANA ROSS: ENERGETIC

Diana's dazzling show-every-tooth grin, illuminated by an overbite, projects sexiness. Yet the bottom edges have a filed-off look that's aging



LINDA GRAY: ASSERTIVE

Linda's smile, characterized by squared-at-the-bottom teeth, gives her an emphatic look. Her discoloration, says Morley, can be whitened with bleaching or bonding.



GLORIA VANDERBILT: SURE

Gloria's teeth flare out, giving her elegant look a bit of a countrified air. But her long canines exude self-confidence.



BETTE MIDLER: AGGRESSIVE

Although Bette's long teeth harmonize with her oval face, her pointed canines give her a tough, hard edge.

NOTES on TOTES

DO YOU BUY TOTES BY ROTE? THERE ARE LOTS OF NEW AND NOTEWORTHY VARIETIES ON THE MARKET RIGHT NOW—BELOW, A FEW OF OUR FAVORITES

Are you tailored? Count on traditional rectangular shapes in neutral tones that coordinate with your wardrobe. (For a more interesting look, pick a shade that complements your handbag but doesn't match it.) Go for a tote with clean lines and texture—woven leather, a linen/leather combo, cotton duck, embossed vinyl or leather (ostrich and mock croc are still important). Tip: A well-made cotton tote is preferable to a poorly made leather one.

Are you trendy? Look for innovative fabrics in bold colors—vinyl-coated and quilted bags with chain handles (à la Chanel) are big. Totes bedecked with fanciful polka dots, gingham and florals are hot as well. Opt for unusual details such as a special pocket to hold an umbrella or a see-through outside pouch for keys and change.

Does your tote carry all? If you need a tote to organize your life, it's in the bag. Look for sturdy, water-resistant, easy-to-clean fabric with lots of extra pockets. No matter what tote you choose, be sure it's comfortable to carry, with handles large enough to sling over your shoulder but small enough to hand-carry. Also, be careful not to overstuff your tote—you'll ruin your bag and your streamlined look.



A sleek tote in go-with-everything tan leather by La Bagagerie

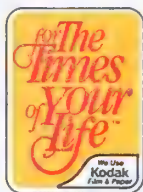


A PROFESSIONAL PORTRAIT ISN'T EXPENSIVE. IT'S PRICELESS.

When she was little, she'd bring you dandelion bouquets by the fistful.
And over the last 17 years, she's brought you as much joy as your heart can hold.
Now's the time to give something beautiful back. Her portrait.

Look for a professional photographer who displays the "For the Times of Your Life" symbol.
And arrange for a portrait today.

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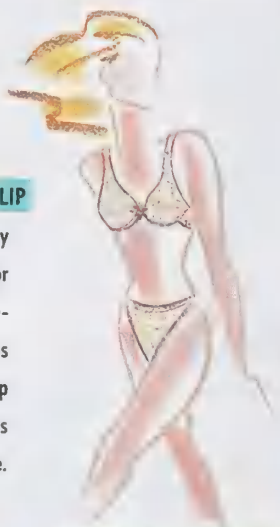
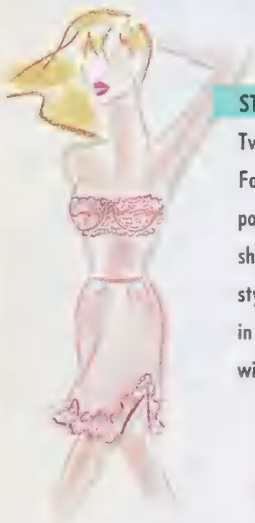


The ultimate *lingerie* wardrobe

THERE'S MORE TO INTIMATE APPAREL THAN YOUR EVERYDAY WHITE COTTON PANTIES AND PLAIN OLD BRA! HERE, SEXY AND SENSIBLE ESSENTIALS TO DRESS YOU UP UNDER ANY OUTFIT

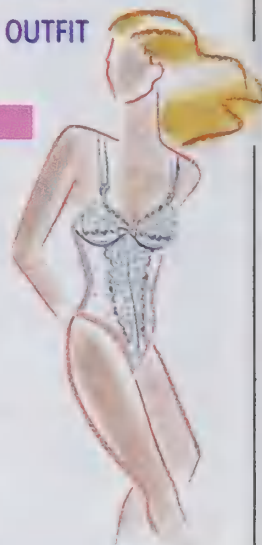
STRAPLESS BRA, HALF SLIP

Two must-haves by Vanity Fair. A strapless bra for portrait necklines, off-the-shoulder and strapless styles; a simple half slip in a length that works with most of your wardrobe.



STRETCH-LACE BODYSUIT

The ideal understatement for everything! Look for one like Vanity Fair's Body Briefer: It boasts underwire for maximum shaping, a versatile low neck, low back and high leg, snap crotch and wide-spaced adjustable straps. Because it's one piece, a bodysuit provides a touch of control, too.



NO-FRILLS BRA AND HIGH-CUT BRIEFS

A comfy, smooth underwire bra is essential under clingy knits. This one, by Olga, is a sling-frame style with a low-cut front for scoop and V necks. The French-cut briefs, also by Olga, eliminate bulges with a touch of Lycra and are perfect under pants and body-skimming slim skirts.



LACY BRA AND BIKINI

When you yearn to slip on something sizzling, look for a luxe bra and bikini set. Our pick, from the My Favorite Fantasy Collection by Vanity Fair, is a stretch-lace bra with an underwire that curves up the sides, shifting breasts forward for a rounder look. Bikini has a narrow (but not binding) band—flattering for every body.

CAMISOLE AND TAP PANTS

Although luxurious enough to lounge in at home, this combo, by Christian Dior, is a comfy option under work clothes. The camisole is great beneath sheer blouses and silks. The full-leg tap pants are perfect partners for the new wide trousers and barrel skirts.



summer dresses that mean business

A CHECKLIST OF KEEP-COOL STYLES THAT CAN TAKE THE HEAT IN ANY CORPORATE CLIMATE

■ The right dress can take the place of a suit or skirt and jacket as long as it has sleeves or is teamed with a jacket. Avoid styles that are too body-defining, low-cut, ultra-revealing or weekend-casual (save T-shirt styles for leisure time).

Basco's linen duo combines clean lines and bright hues

■ Shake up your closet with this season's number-one buy—a sleeveless, body-skimming sheath paired with a cropped bolero or flyaway jacket. (Tip: This figure-kind shape needs no belt—less constriction means you stay cooler.)

■ Go for fresh color combos like apple green and cobalt or classic navy and white, or choose neutrals—washes of soft gray or wheat.

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the Kennedy legacy

Photos by Jacques Lowe
Text by Wilfrid Sheed

A look at the First Family
we will never forget



Counterclockwise from top: Campaign 1960—during the primaries, JFK charmed a bevy of supporters; the senator saying good-bye to his photogenic family; he and Jackie in a coffee shop, virtually unnoticed ►

From THE KENNEDY LEGACY. Photos and captions © 1988 by Jacques Lowe. Text © 1988 by Wilfrid Sheed.
To be published by Viking Penguin, Inc.

We live in star-struck times, and the Kennedys were stars, and everyone had a swell time at the party. Suddenly,

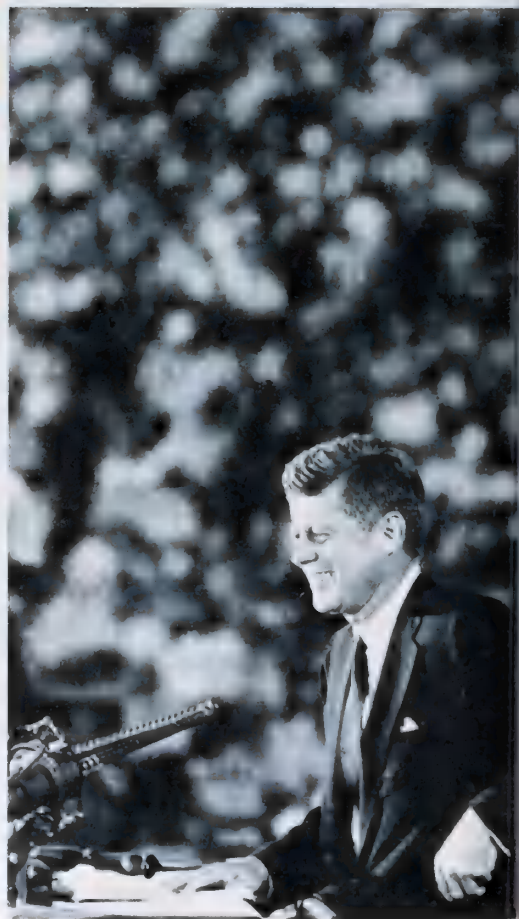
everything seemed possible again. What made Kennedy a dreamer to bet on were two qualities his very presence seemed to radiate, one of which could be faked and another that could not, and these were decency and intelligence. His whole face would light up with a kind of incredulous merriment as a pleasantry struck him, and there was never any doubt where the jokes came from. Jack Kennedy never had to steal one from anybody.

His appearance anywhere—



the Kennedy legacy

especially, as I recall, in open-topped cars—seemed to set off waves of sheer hysteria. And the press recorded it all because they liked Jack and Jack liked them. A politician must function within the superstitions of his times, and although 1961 was a far cry from 1988 (we didn't have either an actor-president or *People* magazine back then), the Kennedys did indeed help introduce the star system to American politics.





And then there was Jackie. If there were growing rifts between her and her husband over his alleged infidelities, she must have been an even better actor than he was, because she positively radiated happiness during that time, to a degree surely unique among cheated-on wives. It is hard to believe that those weren't awfully good years for her. Whatever Jack's putative sins may have been, he must have found extraordinary ways to make it up to her—and clearly not just with gifts, which she was highly adept at obtaining for herself.

One obvious but quite unusual thing that Jack did for his wife was simply not to stand in her way. Most presidents treat their

wives only slightly better than their vice-presidents, but Jack never seemed to mind how much of the limelight his wife shared with him. If, as it turned out, Jackie was the darling of France and not he, he appeared perfectly happy to take over the role of president's wife for the occasion. He was confident enough to share the glory. Even at home, Jackie never appeared to be "the little woman." In fact, she always seemed to be doing exactly what she wanted and having a whale of a time doing it: whether it was waterskiing or learnedly explaining the White House paintings on TV.



In the Oval Office or traveling across the country, Jack relished being President. Jackie quipped, " 'Hail to the Chief' is his favorite song." But it was she who was the toast of Paris during their first official trip abroad ►



the Kennedy legacy

Unfortunately, there are few more forlorn sights in nature than that of a politician trying to borrow another man's style, and we have already seen some candidates obliged to leave the room because of bad Kennedy imitations. Of course all imitations miss the point. Probably the last Democrat to give no thought whatever to Kennedy's style—if only to snarl at it—was Jack himself. Style was simply what was left over from the business of being himself. So the "next Kennedy" will have no choice but to be an original. ■



Kennedy felt a sense of destiny. Above right, he reacts to the news of the assassination of an African leader with grief and shock



How to make a cake look rich without the luxury of time.



If anyone has the golden touch for preparing food and entertaining, it's Martha Stewart.

She's written five books, including *Entertaining* and *Quick Cook*. She's also contributing editor for *Family Circle*. And syndicated in newspapers nationwide.

And now, as the entertaining and lifestyle consultant K mart, she'll be offering our customers a wealth of

information on everything from outdoor furniture to cookware to recipes.

For instance, sprinkling powdered sugar through a doily is a simple way to enrich the look of an irresistible chocolate cake. And it takes a minimal investment of time.

Come to K mart's Kitchen Korner. Where you'll find everything you'll need to make the most of Martha Stewart's ideas. It's sure to be a valuable experience.

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Kmart
the Saving Place



By Katherine Barrett and Richard Greene

TIMELY
TIPS
TO HELP
YOU
MANAGE
YOUR
FINANCES

pay more, save more

If you've become increasingly wary about investing, maybe it's time to consider an absolutely safe means for earning a relatively high return on your money: prepaying on your mortgage. Prepayment penalties are a thing of the past in most banks, except on fixed-rate mortgages, for which penalties can be applied in the first one to three years.

For example, paying an extra \$100 a month on a 10 percent, thirty-year, \$150,000 mortgage can save more than \$100,000 in interest over the life of the mortgage. If you sell your house sooner, you will have built up more equity.

But consider the matter carefully before you start regular prepayments. "While this is very safe," says Albert Ellentuck, a senior partner with the accounting firm of Laventhol and Horwath, "it can also be a very long-term investment. It may not be easy to get the money back on your house when you're ready to sell. So you should weigh this option against more liquid investments."

If you do decide to prepay, call your lender first to discuss how much you'll be adding.

made in the USA?

It seems hard to believe, but not one single VCR sold in the United States is manufactured here. Which other foreign-made goods have the lion's share of the American market? This list, based on the most recent statistics from the International Trade

Commission and the Association of Home Appliance Manufacturers, shows several common consumer items and the percentage of each that is manufactured abroad.

Tabletop radios.....	100%
Footwear (nonrubber).....	83%
Sweaters.....	70%
Microwave ovens.....	67%
Color TVs.....	54%
Women's suits, coats and jackets.....	45%
Automobiles.....	30%
Dresses.....	20%
Room air conditioners.....	17%
Freezers.....	13.5%
Full-size refrigerators.....	4%
Clothes dryers.....	3%
Washing machines.....	1.2%

men, women & money

Are you and your mate always fighting about finances? A study by the International Association for Financial Planning (IAFP) may explain why. The poll found that women—even those in households earning more than \$50,000 a year—tend to be more worried than men about money:

■ Women are 33 percent more likely than men to say it's harder to pay bills and have money left over. ■ Women are 42 percent more likely to be concerned about outliving their retirement money. ■ Women are 10 percent more likely to say that their net worth is not what they want it to be.

"Because women often do the family purchasing, they know how the buying value of the dollar has eroded," says Alexandra Armstrong, former IAFP chairwoman. "They notice it more than men do, and they tend to be more realistic."

Q HELPLINE

For several months I didn't get my credit-card bill. Now I've just received a huge accumulated bill, and the company sent me a letter threatening legal action. I can't pay the bill all at once. What should I do?



Don't worry. You're protected by the Fair Credit Billing Act, which treats nondelivery of bills in the same way as an incorrect bill. Write to the company by registered mail so it receives your letter within sixty days of the date you received the bill. Give the company your account number and explain that you haven't received a bill for months and are now withholding payment until the matter is resolved under provisions in the Fair Credit Billing Act.

The company must get back to you within thirty days to let you know they are working on the matter, and they must have resolved it within one hundred twenty days. In the meantime, you don't have to pay the bill.

And once the company discovers its error, you won't have to pay any of the accumulated interest, says Gerri Detweiler, program coordinator for the Bankcard Holders of America.

In general, if you realize that you haven't received a credit-card bill for a month or more, you should notify the creditor immediately and keep a copy of your letter. A clerk may have made a mistake in your billing address. Less likely, but also possible, is that someone intercepted your bill or your card number and changed the address so you wouldn't be aware of any fraudulent use of your card.

ULTRESS GEL COLOURANT

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ELSE ORDINARY."



da Evans

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Try Ultress® Gel Colourant.
And be the best you've ever been.



HEALTH

the diseases doctors miss most

There are many medical problems that are often mistaken for something else, and even the very best doctors can be fooled. Here a doctor tells you how you can help your own physician avoid a misdiagnosis

Eight-year-old Annie Taylor* was rushed to the emergency room after waking up at two-thirty A.M. with severe stomach pain. The doctor who examined her told her parents that Annie needed to be admitted in order to rule out appendicitis. After a battery of tests, he concluded that he should operate to remove Annie's appendix.

But Annie didn't really have appendicitis. The doctor later told Mrs. Taylor that her daughter had actually suffered from something called mesenteric lymphadenitis, an inflammation of the lymph nodes that often disappears by itself in twenty-four hours. Annie's mother was understandably very upset. "You mean Annie went through all this for nothing—she didn't need the surgery at all?" she asked the doctor incredulously. "How can something like this happen?"

Annie's case had been misdiagnosed: The problem was not the one the doctor thought it was. Medical misdiagnosis happens more often than any of (continued)

**All names have been changed*

By Bruce Hensel, M.D.



You don't have to cut out your favorite foods
to cut down your cholesterol.

Take away any one of their favorite dishes, like fried chicken, and your family would really squawk. Fortunately, there's an easier way to reduce serum cholesterol. Make Mazola® corn oil and Mazola® margarine part of your total dietary plan, which



should include more foods low in saturated fat. Mazola products let you make great tasting foods without feeling guilty about adding cholesterol.

Because Mazola has no cholesterol—no cholesterol at all.

MAZOLA OIL IS A SPONSOR OF THE 1988 U.S. OLYMPIC TEAM. 

(continued) us would like to think and for a multitude of reasons.

The most common is that the disease is subtle and difficult to pinpoint. In other cases, the doctor may be lazy or lack sufficient knowledge of the problem. And sometimes the patient may withhold important information or deny symptoms ("If the doctor doesn't find it, it will go away").

This article will review nine of the most commonly missed or misdiagnosed diseases. The list isn't official; no medical organizations publish such a grouping. It has been compiled after extensive canvassing of physicians and insurance companies. I'll

discuss what the disease or condition is and why it's difficult to diagnose. And I'll suggest how you can help your doctor make the correct decision.

The necessary mistake

Annie Taylor didn't have appendicitis, but her symptoms suggested that she did, and her doctors chose to perform an operation. It was a misdiagnosis, but it was necessary to perform the operation to prove that. If an inflamed appendix bursts, it can cause peritonitis, a potentially fatal infection of the lining of the abdomen. As the surgeon told Annie's mother, "We occasionally have to operate on someone who doesn't have appendicitis to make sure we catch everyone who does."

Because doctors can't see the inside of the appendix, appendicitis is difficult to diagnose. They therefore rely on X-rays, lab tests and the classic symptoms. The first symptom is pain, most often in the lower right side of the abdomen. Other symptoms include nausea, vomiting and loss of appetite. Constipation is not unusual, and about 10 percent of victims have diarrhea. Fever is common, but it is not essential for diagnosis.

The doctor will also consider other possible causes, such as inflammation of other organs, including the liver, gall bladder, ovaries or uterus, or an ectopic pregnancy. But in extreme cases of doubt, an operation may be required.

What can you do?

- give the doctor a thorough report of your symptoms
- never ignore severe pain in your lower right side
- understand that surgery may be necessary to remove all doubt
- if you are admitted to the hospital, make sure the appropriate lab tests are repeated

The problem with strep

"Strep throat" specifically means your throat is infected with the bacteria called streptococcus. However, a variety of other bacteria and viruses can cause very similar symptoms. Though in some cases, strep will produce high fever, a painful throat and swollen lymph glands, many times symptoms are fairly mild.

The only way to get an exact diagnosis is for the doctor to take a sample of throat tissue with a cotton swab and grow it in culture. If it is actually strep and not a virus, antibiotics are prescribed. Yet many people with sore throats are given antibiotics without having the culture taken—a very unwise practice. Antibiotics are of no use against a virus, and taking

If you have pelvic pain, it's vital to keep a diary of when and how it occurs

them too often may result in allergies or the development of bacteria that are resistant to medication.

Children get streptococcal infections more often than adults do, and many doctors follow certain guidelines in order to prevent misdiagnosis. If a child with a sore throat has a high fever, a culture is taken and antibiotics are begun right away. When the doctor gets the results

of the culture, he decides whether to continue or stop the medication. A doctor may do the same thing with an adult who has a fever.

So the next time you or your child has a sore throat, here's what you can do to help your doctor:

- be willing to go in for a culture
- don't insist on antibiotics

Is it endometriosis?

When Susan went to the doctor complaining of severe pains in her pelvis that came and went at irregular intervals during her cycle, her doctor quickly guessed it was endometriosis. He gave her the appropriate medication and asked her to come back in two weeks. By her next visit, however, she'd developed a fever, and this alerted the doctor to the possibility that he'd made a misdiagnosis: Susan's real trouble was an ectopic (tubal) pregnancy.

Endometriosis afflicts about 15 percent of women, most often those over thirty who have not had children. It is often a diagnosis of exclusion—made only when everything else is ruled out. Confirming endometriosis requires surgery, however, so it can be appropriate to make a presumptive diagnosis, as Susan's doctor did, as long as the doctor is ready to reconsider the diagnosis if the treatment fails. If the problem is *not* endometriosis, it may be something more serious—a tumor, or, as in Susan's case, a tubal pregnancy.

What exactly is endometriosis? For unknown reasons, tissue from the endometrium, the membrane lining the uterus, begins to grow in the abdominal cavity. As it spreads, it can block and scar the ovaries, uterus and fallopian tubes, causing intense pain. If the problem goes untreated, infertility can result.

Endometrial tissue contracts in response to hormonal stimulation, so the pain will change as your menstrual cycle progresses. If you have pelvic pain, you should keep a diary of when it occurs, when it gets worse and when it disappears. You should also note whether you have any other symptoms such as fever, discharge or abnormal bleeding. Your doctor will want to rule out other possible causes such as infections, ovarian cysts or ectopic pregnancy.

If laparoscopy is required, here's how it's done: The doctor makes a tiny incision near the navel and inserts a thin tube with a microscope that allows him to view the pelvic organs and confirm the presence of endometrial tissue.

If your symptoms suggest endometriosis, here's what you can do:

Keep a diary of your menstrual cycle for a few months. Consider the possibility that you're pregnant. Discuss with your doctor whether laparoscopy is called for.

When it's not "nervous stomach"

Joanne, forty, is fifteen pounds overweight. She complained to her doctor of sharp burning pains in her upper abdomen, nausea and a bloated feeling. He listened to her sympathetically, then told her she probably had a nervous stomach caused by stress. He encouraged her to lose weight and relax a little more.

Wrong diagnosis, but one many peo-

ple hear. People are often told that their stomach complaints are all in their head, but Joanne had a very real problem: hiatal hernia.

In this common condition, a small portion of the stomach pushes up through an abnormal opening in the diaphragm called a hiatus. There's a sphincter muscle between the esophagus and stomach that acts like a turnstile, making sure that food can pass down, but not back up into the esophagus. The latter can occur, however, if you have a hiatal hernia, which can weaken the sphincter.

A specific diagnosis of hiatal hernia can be made only by X-ray. It may not show up on a regular X-ray, but it will on a barium dye X-ray, for which you swallow a liquid containing barium, which acts as a contrast medium that

will make your internal organs show up better on the X-ray, or with endoscopy, in which you swallow a tube with a microscope on its tip so the doctor can see the lining of your throat and stomach.

An ulcer or a stomach tumor could cause the same symptoms, and missing either diagnosis could lead to internal bleeding or scarring. And the symptoms could also result simply from smoking, drinking alcohol or eating spicy foods too close to bedtime. It's important for the doctor to find out exactly what's going on.

Once the proper diagnosis is made, hiatal hernia can be fairly simple to treat. The symptoms may go away if you lose some weight, reduce the use of alcohol and cigarettes, and modify your eating habits (continued)



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■ DISEASES DOCTORS MISS

continued

(eating small meals more often and avoiding lying down after eating). But some patients require antacids. In rare cases, surgery is necessary.

If you have complaints like Joanne's, here's how you can help your doctor:

- keep a journal of the pain and when it occurs
- ask yourself whether your position affects the pain or whether losing or gaining weight has affected the pain
- ask the doctor whether more elaborate tests like barium X-rays or endoscopy are necessary

When stress can't be blamed for heart trouble

For several nights in a row, twenty-nine-year-old Ellen was awakened by "palpitations." Her heart would start beating very fast, pounding so hard that she could hear it. She felt light-headed and also thought her heart was skipping beats. She described the symptoms to her doctor and added that she'd recently been under a lot of emotional stress and had just lost fifteen pounds on a crash diet.

A complete physical revealed that

Ellen was fine, though the doctor felt she was suffering from anxiety. He prescribed a mild tranquilizer.

A few weeks later, Ellen was out jogging with her husband when she suddenly collapsed and lost consciousness.

Some doctors misuse the term "pinched nerve" for vague symptoms

Her husband performed CPR, saving her life, while another jogger called an ambulance. At the hospital, the doctor said Ellen had experienced ventricular fibrillation, which often occurs in people who have a common congenital condition known as mitral valve prolapse—Ellen's eventual diagnosis.

Mitral valve prolapse occurs when part of one of the heart valves slips slightly out of place (prolapses), causing blood to leak back into the heart. The condition can sometimes be detected using a stethoscope (a doctor may hear an extra click or murmur), but in many patients, unfortunately,

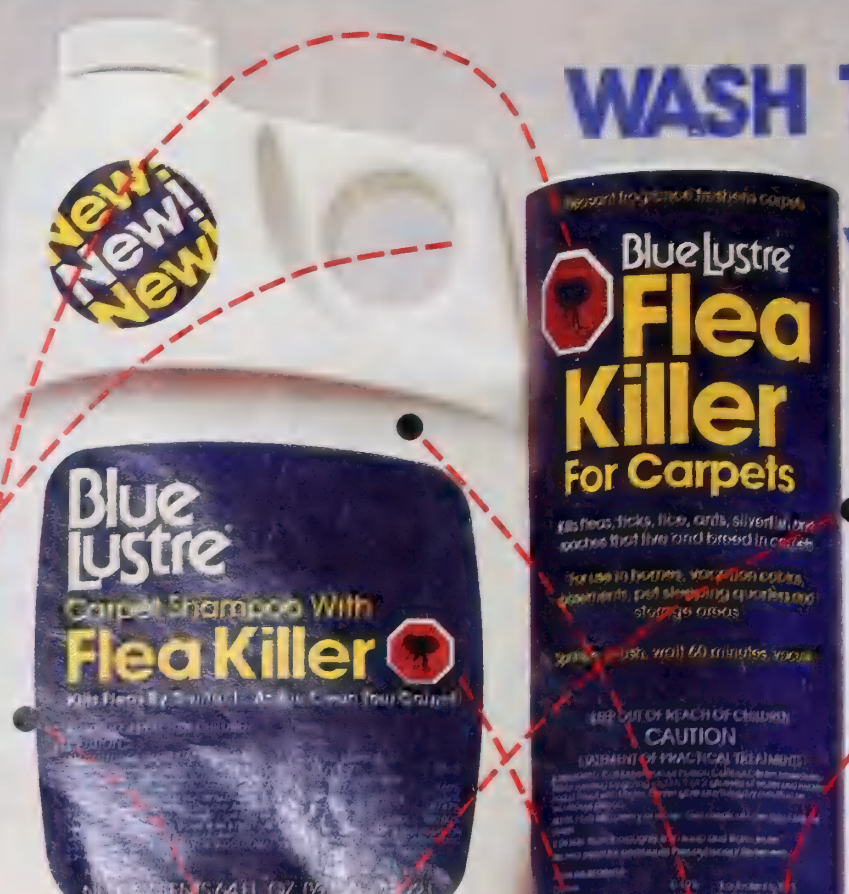
the diagnosis may be missed for years. Most doctors now believe that people who have mitral valve prolapse are at greater risk of developing life-threatening heart arrhythmias (for the story of a young woman who came back to life after a sudden cardiac arrest, see page 114).

Fortunately, getting a specific diagnosis of mitral valve prolapse is possible with an echocardiogram, a machine that uses sound waves to take a picture of the heart. It will show a prolapsed valve.

Doctors recommend that people who have this condition take antibiotics before and after having their teeth cleaned or extracted; before having surgery, and C, a woman must do the same. The reason for this preventive measure is that such procedures can release bacteria into the bloodstream, and prolapsed valves are more prone to infection.

If you ever experience heart symptoms like Ellen's, you should:

- ask your doctor about the possibility of prolapse
- have the doctor listen to your heart while you are sitting, lying down, leaning forward and standing upright, to cause the symptomatic click or murmur to be heard only in certain positions
- ask your doctor (continued on page 114)



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DISEASES DOCTORS MISS

continued from page 46

tor if an echocardiogram is needed
quire about wearing a Holter monitor (a small cardio-
phic machine) for twenty-four hours to determine if
r heart is skipping beats

hat tingling sensation

e day thirty-two-year-old Laurie lifted her baby out of
high chair and felt a twinge in her lower back. Two
s later, the pains were shooting down her right leg.
e called her doctor and explained her symptoms. "You
ve a pinched nerve," he said, and suggested bed rest.
ome doctors and lay people use the term "pinched
ve" too loosely, as a catchall for vague muscular symp-
is that may actually signify more serious problems.
hnically, a pinched nerve means that a nerve is being
pressed, causing a variety of symptoms, including
bness, tingling or shooting pains. If you've been in a
accident and had what most people call whiplash, you
y have experienced these symptoms. In such cases, the
scales may only be strained, causing them to contract
l irritate the nerves without actually harming them.
ever, if the nerves are being pinched by a serious
al infection, a tumor or a herniated disk ("slipped"
s), leaving it untreated could result in paralysis—a
ve misdiagnosis indeed.

f you develop these symptoms after an accident or
er injury, you should first have a regular X-ray. If
hing serious is revealed, treatment will usually in-
de muscle relaxants, anti-inflammatory drugs, and
t or ice compresses. If symptoms continue or worsen, a

true diagnosis may require a CAT scan.

If you have similar symptoms, what should you do?

- be specific about the location of numbness or weakness
- if you've already had a regular X-ray, ask if you need a more specific test such as a CAT scan

Taking viruses very seriously

Carol was a healthy thirty-year-old who complained to her doctor of tiredness and aching muscles. After a brief physical exam indicated no specific cause, the doctor told her not to worry, that it was "just a virus." He told Carol to rest, take aspirin and plenty of fluids.

Carol called him again two days later; she was feeling so weak she could barely get out of bed or walk. He asked if she had a fever, and she said no. He told her not to worry. But within forty-eight hours, Carol was paralyzed. Her husband rushed her to the hospital, where she was placed on life support. It turned out she had Guillain-Barré syndrome, a rare but serious complication of viral infection. Carol was very lucky; she recovered completely.

The treatment Carol's doctor suggested was probably appropriate initially. But viruses that don't go away within two days need further evaluation; and that's where the doctor made his mistake. Carol should have been retested to see if a complication like Guillain-Barré or a serious illness such as meningitis was developing.

Any chest pain, shortness of breath, cough, fever, stiff neck, severe vomiting or stomach pain should alert you to the possibility that something other than a simple virus is to blame.

The next time you think you have a virus:

- note whether the symptoms have improved or worsened over forty-eight hours

(continued on page 166)

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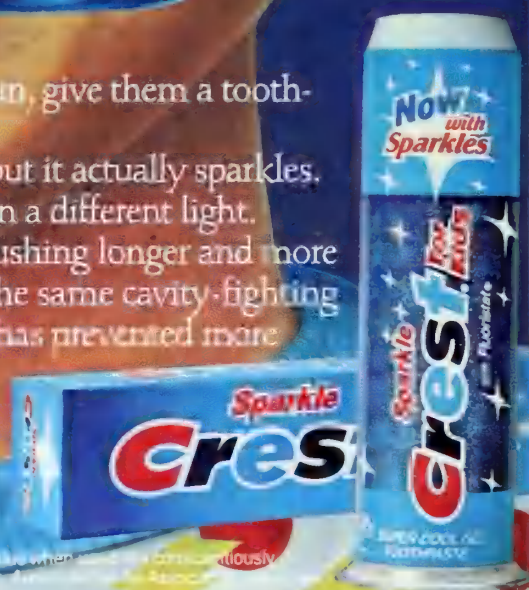
Which means you'll probably see them brushing longer and more often with Sparkle Crest For Kids. It contains the same cavity-fighting formula as regular Crest, which over the years has prevented more cavities than all other toothpastes combined.

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A special report
from LHJ and
the American
Academy
of Pediatrics



how to raise a *happy,* *healthy* child

THE FOLLOWING EXPERTS CONTRIBUTED TO THIS SPECIAL REPORT:

W. Thomas Boyce, M.D., Child Study Unit, University of California Medical Center, San Francisco; Michael E. Cohen, M.D., State University of New York School of Medicine, Buffalo; J. Michael Cupoli, M.D., Pediatric Center for Development and Behavior, Tampa, Florida; Charles E. Lewis, M.D., Uni-



versity of California School of Medicine, Los Angeles; Robert P. Masland, M.D., Children's Hospital, Boston; Victor Strasburger, M.D., University of New Mexico School of Medicine, Albuquerque; Mark Wolraich, M.D., University of Iowa, Iowa City; Barry Zuckerman, M.D., Division of Developmental and Behavioral Pediatrics, Boston City Hospital. And special thanks to Michele Weber, Media Manager, American Academy of Pediatrics

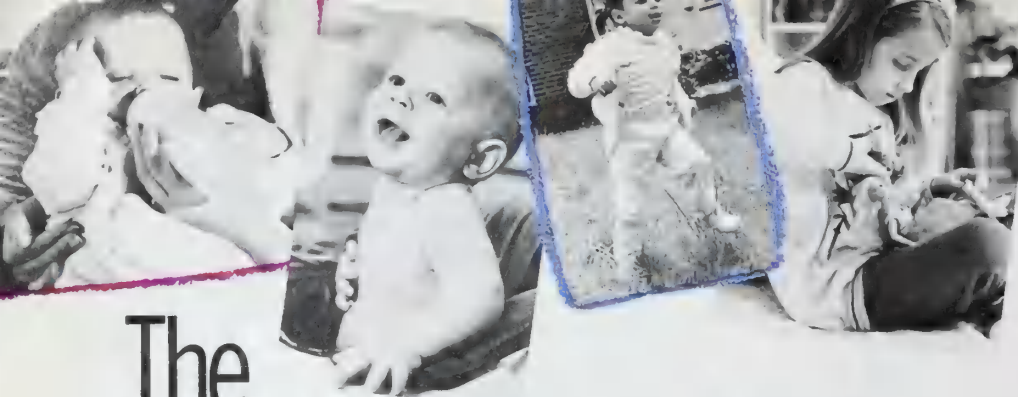
How do you know if a child's emotional development is normal? Are his troubles physical or psychological? For the answers, *LHJ* went to the American Academy of

Pediatrics. In this special section, you can learn how to foster *your* child's psychological well-being

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If you've got a question about your child's health—physical or emotional—you can consult an expert from the American Academy of Pediatrics for free advice. During the week of August 8–12, Monday through Friday, AAP specialists will be in the *Ladies' Home Journal* offices daily to take your calls between 11 A.M. and 3 P.M. Eastern Standard time. The toll-free number is 800-234-6465.

By Beth Weinhouse



A special report
from LHMJ and
the American
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The stages of emotional development

Every parent has consulted a chart to see if a child is developing physically at the proper rate. The following chart is designed to help parents gauge a child's *emotional* development. However, don't panic if you think your child may need help. Says Barry Zuckerman, M.D., director of the Division of Developmental and Behavioral Pediatrics, Boston City Hospital, "Many of the listings are things that all children experience to some degree at some time. A parent should be concerned only when the problem is persistent." Again, if these guidelines indicate that your child may have a problem, don't be alarmed. Consult your pediatrician or a school counselor.

NORMAL DEVELOPMENT

MAY NEED SPECIAL ATTENTION

BIRTH TO ONE YEAR

BY THREE TO FOUR MONTHS ■ Establishes attachment to parents ■ Can be quieted easily (more readily by primary caretaker) ■ Smiles readily

BY FOUR TO SIX MONTHS ■ Is learning to treat individuals differently ■ Laughs out loud and may show displeasure if social contact is broken ■ About six months, begins to be anxious around strangers

BY EIGHT TO NINE MONTHS ■ Protests when primary caretaker leaves ■ Shows happy feelings when interacting with people ■ Starts to experiment with independence (for example, crawling away from parents, crying and then coming back)

■ Is extremely jittery and irritable (colicky) ■ Cries excessively ■ Has trouble sleeping, trouble with elimination, trouble eating ■ Seems uninterested in play ■ Is failing to thrive and is not gaining weight or growing according to the standard growth charts ■ Appears distant, unresponsive, doesn't have good eye contact (Child-care experts stress that they trust parents' opinions when they say their baby just doesn't feel "right" to them. In such cases a pediatrician should be consulted, since occasionally—although rarely—a withdrawn baby may be exhibiting early signs of autism)

ONE- AND TWO-YEAR-OLDS

■ Exhibits the beginnings of autonomy (such as showing clothing preferences) ■ Explores his environment, using the parent or primary caretaker as a secure attachment (Example: games of hide-and-seek with parent nearby) ■ May use a transitional object—a doll, blanket or his own thumb—to calm himself or help himself go to sleep ■ Learns to soothe self verbally and deal with emotional issues with words ■ Demonstrates interest and enjoyment in play ■ Demonstrates a wide variety of emotions, feelings and moods, including protest, anger, pleasure, joy, assertiveness, warmth

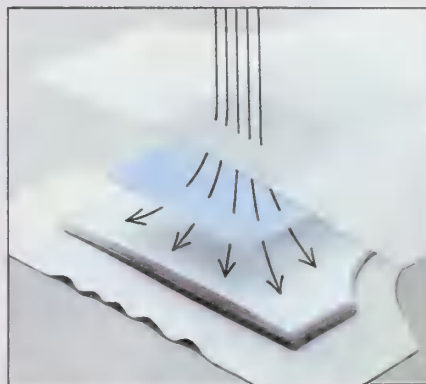
■ Has protracted difficulty separating from his parents in secure, nonstressful situations (e.g., objects and is often anxious when left with his regular baby-sitter) ■ Is out of control all the time ■ Is very passive, quiet or withdrawn ■ Is unable to initiate activities, is bored or uninterested in play ■ Often has difficulty falling asleep ■ Regularly regresses from learned behavior (for instance, has accidents after being toilet trained)

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NORMAL DEVELOPMENT

MAY NEED SPECIAL ATTENTION

PRESCHOOL YEARS: AGES THREE TO FIVE

■ Continues to demonstrate curiosity and interest ■ Exhibits a vigorous enjoyment of new skills ■ Is imitative and imaginative (for example, play may involve an imaginary friend) ■ May be even more strongly attached to a transitional object (blanket, thumb, doll, etc.) ■ Begins to be curious about gender differences ■ May express anger using words (sometimes including swear words) ■ Continues to show a variety of emotions

■ Is excessively timid or passive ■ Has many fears or nightmares ■ Shows no interest in other children ■ Very often regresses into fantasy ■ Is frequently out of control (example: a child who is very angry and starts to bite people. All kids act like this occasionally, but a parent should be concerned when it occurs all the time) ■ Has chronic, severe problems with eating, sleeping, toilet training, separating from parents

AGES SIX TO ELEVEN

■ Enjoys interaction with peers, makes friends easily ■ Recognizes the need for rules ■ Shows self-esteem and self-confidence ■ Feels good about accomplishments ■ Has a vivid imagination, and in play often stages dramatic scenes using favorite toys

■ Has low self-esteem ■ Is anxious and fearful ■ Is excessively quiet and withdrawn ■ Seems depressed ■ Lacks motivation ■ Is angry, aggressive and destructive ■ Has problems with bed-wetting ■ Is extremely sensitive ■ Is having problems in school (hyperactivity, bad conduct)

AGES TWELVE TO FIFTEEN

■ Enjoys close interaction with peers and develops intimate relationships, especially with friends of the same sex ■ Is industrious, demonstrates a sense of mastery and progressively takes responsibility for own work (homework, chores) ■ Demonstrates self-confidence and sense of pride ■ May occasionally exhibit anger and rebelliousness but is *generally* enthusiastic, energetic and cooperative ■ Spends leisure time involved in complex games and sports teams with less need for adult supervision (by age fifteen, play and leisure time are part of the child's identity and may incorporate music, lounging around or experimental risk-taking, such as harmless pranks or daredevil-type sports activity)

■ Has low self-esteem ■ Lacks friends or has difficulty with peers ■ Is doing poorly in school ■ Is unduly anxious and fearful, sensitive ■ Is aggressive in acting out behaviors (lies, steals, has temper outbursts, fights excessively, is destructive, injures people or animals) ■ Is chronically ungovernable—stays out late, gets into trouble at school or at home ■ Is highly withdrawn, appears depressed ■ Has excessive complaints about headaches or stomachaches

AGES SIXTEEN TO EIGHTEEN

■ Is self-confident ■ Has a sense of pride, competence ■ Enjoys close interaction with peers of both sexes ■ Is moving toward independence ■ Feels responsible for his own health and behavior ■ Participates in activities outside of school ■ Is generally energetic, enthusiastic, idealistic ■ Is generally cooperative and considerate (although a certain amount of rebelliousness is normal)

■ Has low self-esteem ■ Lacks friends ■ Is doing poorly in school ■ Is anxious and fearful ■ Is aggressive in acting-out behavior ■ Is withdrawn and depressed



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A special report
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Kids and stress

NOWADAYS, THERE'S NO SUCH
THING AS A STRESS-FREE CHILD

Fifteen-year-old Daniel (not his real name) had been suffering from severe abdominal pain for three weeks. His frantic parents took him to one specialist after another, and he was treated with numerous drugs for illnesses he didn't have.

The cause of Daniel's pain was finally traced to emotional stress. "He had had an identical episode of pain at age twelve, after his grandmother died in front of him of a heart attack, but no one noticed the connection—the three-year anniversary of the death," explains Victor Strasburger, M.D., director of adolescent medicine, department of pediatrics, University of New Mexico School of Medicine, Albuquerque.

Daniel was referred to a counselor, with whom he talked about the death, wept and expressed his feelings. The abdominal pains disappeared in a few weeks.

Daniel's case is extreme, but it illustrates a very real problem for many children. "Kids today are under more stress than they've ever been," says Strasburger, who cites several reasons:

- In a home with two wage-earners, children spend little time with their parents—"Not just less quality time, but less quantity time, too. And less time means less guidance. That's a powerful stressor at any age."
- The nation's high divorce rate and the fact that many children are growing up in single-parent homes.
- Super-achieving parents who pressure their children to excel in academics, athletics and social skills.
- An increasingly sexualized and drug-oriented culture that pressures children to make personal decisions about sex and drugs at a very early age.
- The conflicting messages transmitted by the media—for example, "Just say no" versus the romanticizing of drugs in films and on TV.

Says Strasburger, "Parents today tell me, 'Kids have more money than ever before. Kids have more education. They're in better health. What do you mean, kids are under more stress? You must be crazy!' But (continued)

What makes kids feel bad?

A 1984 study by Charles E. Lewis, M.D., and colleagues at the University of California at Los Angeles asked fifth and sixth graders to compile a list of circumstances that would make or had made them feel bad or worried. Here is their top twenty "feel bad" list:

- Having parents separate
- Being pressured to try something that you really don't want to try, like smoking
- Having your parents argue in front of you
- Not spending enough time with Mom and Dad
- Feeling sick
- Fighting with parents about house rules
- Not having homework done on time
- Moving
- Not getting along with your teacher
- Being overweight or bigger than others your age
- Changing schools
- Not having enough money to spend
- Not being able to dress as you want
- Feeling left out of the group
- Having nothing to do
- Feeling pressured to get good grades
- Not being good enough at sports
- Being late for school
- Feeling like your body is changing
- Being smaller than others your age

Says W. Thomas Boyce, M.D., director of the Child Study Unit at the University of California, San Francisco Medical Center: "The item that stood out for me on this list was 'Not spending enough time with Mom and Dad.' On an adult list of kids' stressors, it probably would have been left out. But it's clearly one of the things that are really troubling to kids."

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— 6 YRS 5 MOS

— 6 YRS

— 5 YRS 6 MOS

— 5 YRS

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When he outgrows chewables, he grows into Junior Strength Tylenol.



(continued) the teenage suicide rate has tripled in the last thirty years, and that's a barometer of society's stress. I don't think parents have any idea how much stress their kids are under."

In addition, young people feel stress from seemingly minor, everyday occurrences. "Stress to a teenager could also be not making the cheerleading squad or getting a B instead of an A, or a parent's saying, 'I'm very disappointed in you,' or the inability to get tickets to a rock concert," says Strasburger. "Young people are more vulnerable, because more things are potential stressors to them and they have less ability to cope. They don't have the communication skills to say, 'I'm hurting inside. I'm angry with you. I'm afraid that I'm not able to cope.'"

Still, the experts emphasize that not *all* stress is bad; the right kind can be motivating. There is an important distinction between good stress and bad stress. While not making the football team might be stressful to a child in a

negative way, being accepted onto the team can also be stressful—there is pressure to perform, to keep up schoolwork in spite of practices, to keep in shape, and so on. Yet no one would argue that this type of stress should be avoided.

Says Strasburger: "It's a matter of keeping levels to a tolerable roar. What deter-

mines whether it's healthy or unhealthy is how much the child can handle, how many different stresses occur at once and the child's past history."

The signs of trouble

Given that all children are under stress, how can a parent tell whether the stress is normal or unhealthy? "If your children are doing well in school, have lots of friends, outside interests—if they seem to have their act together—you can be fairly confident," says Strasburger. "But if there's a falling-off of school performance, if they give up something cherished (such as dropping out of the cheerleading squad or the baseball team), if they seem withdrawn or depressed, if they don't have many friends—these are signs of trouble."

One very common way that children show signs of excessive stress is through physical complaints, as Daniel did. "There's nothing wrong with their body from a physi-

cal viewpoint, but there is something very wrong from a psychological one," says Strasburger.

Stress-related headaches are another common disorder, and 40 percent of kids will experience them by age seven and about 70 percent by adolescence. In fact, experts now believe that stress is the most common cause of children's and adolescents' headaches.

What can a parent do to help if she suspects her child is under excessive stress? "There's nothing better in the world than a good, sympathetic, uncritical listener," says Strasburger. "Sometimes that alone is enough. But you've got to be there when your kid needs an ear. And sometimes you've got to initiate the discussion yourself."

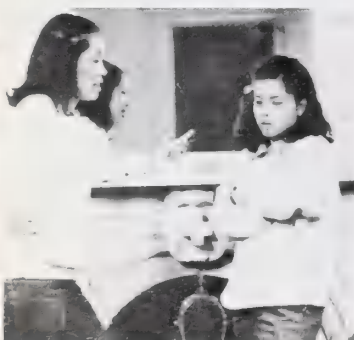
He continues, "I know it's hard to empathize with your thirteen-year-old because she got a C on a history test when you're dealing with a divorce or worried about losing your job. But parents shouldn't look at kids' stresses with adult eyes. *You* may know there's more to life than a C on a history test, but you have to listen to your kids and realize that what you see as being silly or temporary is an absolute crisis for your child."

Getting your teenager to talk

As most parents know, getting a teenager to open up may not be a simple task. "One way to initiate a discussion is to use the media creatively to deal with stress," Strasburger suggests. "Watch a soap opera with your sixteen-year-old girl, and discuss it with her. Or use sexually provocative movies or TV shows that glorify drugs—like *Miami Vice*—as a beginning. Don't ask your child, 'Are *you* taking drugs?' Instead, ask, 'Is anybody in school using drugs? Anyone you know? What do you think of kids who use cocaine or have sex at age fourteen?' That's a good way to ease into the discussion."

Parents can also be helpful by not pushing kids too much. "A fair number of kids come in to see me because of pressure to perform, to get into the college of their parents' choice," says Robert P. Masland, M.D., chief of adolescent/young adult medicine at Children's Hospital, Boston. "What they're feeling is the same as an adult's stress from a demanding job."

Adds Strasburger, "There are kids who are going to excel academically and kids who won't, no matter what kind of pressure you put on them. Parents, teachers and pediatricians should work at bringing out the excellence that exists in every child. I really believe that every kid has some outstanding feature. It's just a matter of finding what it is and developing it."



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Ask your physician or dentist about the "inside" story on fluoride and about vitamin/fluoride supplements available for your children.



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REFERENCES:

1. Asenden R and McBride TF: Effects of systemic fluoridation from birth on human deciduous dentition. *Arch Oral Biol* 1974; 19:1111.
2. Lambert L: Comparison of fluoride in V. *Quintessence* 1974; 1:111.
3. Langer J: *Lancet* 1974; 1:111.

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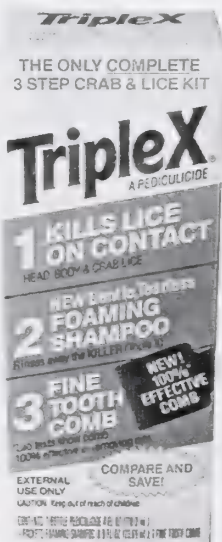




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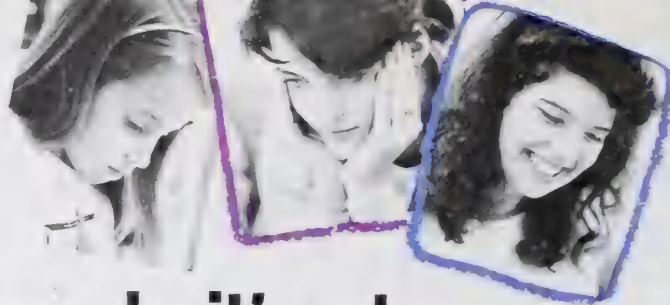


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maybe it's not just a MOOD

WHEN A CHILD'S PHYSICAL PROBLEM
MASQUERADE AS EMOTIONAL ONES

Many symptoms exhibited by children that seem clearly psychological—such as sleeping, claiming to be too tired to do homework, having problems sleeping—can also be signs of a physical problem. "In general, the more acute the problem is, the more likely it is to be physical. The more chronic it is, the more likely it is to be psychological," says Michael E. Cohen, M.D., professor and chairman of the department of neurology at the State University of New York School of Medicine at Buffalo, describing one way that physicians can determine the cause of a problem.

Because the distinction between physical and psychological problems can be difficult to make, the American Academy of Pediatrics recommends that a child have periodic checkups through age twenty-one to assess his physical, emotional and mental health. The following is a partial list of symptoms that may appear to be psychological but may be due to an underlying physical condition:

Clumsiness, staring

"Children who often stare into space or drop things may be suffering from seizures, including epilepsy," explains Cohen. "This can be so mild that the only symptom is an occasional staring into space."

Ignoring questions and requests

A parent or teacher may think that a child is refusing to answer a question or follow directions, when in reality he hasn't heard what's being said. Any suggestion of hearing loss—or vision loss, too, for that matter—should be checked out promptly.

Sleep disorders, insomnia

Breathing difficulties that are too mild to be noticed during the daytime can sometimes cause children to have problems sleeping.

Headaches

Headaches are not always stress-related. Says Cohen, "If it's an acute problem—a child suddenly complains of bad headaches—it's likely the cause is physical. Headaches are common, and most kids have had them by age fifteen."

Laziness, fatigue, lethargy

There are many different conditions that can cause children, normally so full of energy, to complain of constant fatigue. They include: ■ Allergies and asthma ■ Anemia, such as sickle cell anemia or hemoglobin problems, unrelated to an iron-poor diet ■ Mononucleosis ■ Thyroid problems ■ Diabetes ■ Chronic renal (kidney) disease

Sudden behavior and personality changes

In very rare instances, a brain tumor can be the cause, but much more common is the influence of drugs. Says Cohen, "Any intoxicant can give rise to alterations in behavior that can look like personality problems."

Inappropriate body movements; uncontrollable grunting and swearing

These may be symptoms of Tourette's syndrome, a rare but frequently misdiagnosed neurological disease. Often, say the experts, a youngster with Tourette's is dismissed as a nervous child by physicians unfamiliar with the disease.

It is estimated that one hundred thousand Americans suffer from Tourette's, usually strikes children between the ages of five and fifteen, and more often in boys than in girls. The disease is transmitted genetically.

Says Cohen, "Tourette's syndrome is a potpourri of problems. Though it is a physical disorder, stress can be an underlying contributor. The problem can be controlled with drugs, and psychological counseling may also be recommended."

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common behavioral problems: how to handle them

MOST PARENTS ARE ADEPT AT HANDLING EVERYDAY DISCIPLINE AND BEHAVIOR PROBLEMS, BUT OCCA-

SIONALLY THERE ARE DIFFICULTIES MORE CHALLENGING THAN A MESSY ROOM OR A BLARING STEREO, AND A PARENT COULD USE SOME REASSURANCE FROM EXPERTS. HERE ARE SEVERAL OF THESE COMMON PROBLEMS AND SUGGESTIONS FOR COPING WITH THEM. USUALLY, THE SIMPLEST APPROACH WORKS BEST: TALK TO YOUR CHILD. ONLY WHEN THAT FAILS SHOULD PARENTS CONSIDER OBTAINING A PROFESSIONAL EVALUATION.

TODDLER

PROBLEM: "I HAVE A WILD CHILD!"

The "terrible twos" and toddler years are when children first develop independence from their parents. Unless parents establish clear rules, a toddler may truly run wild, and the parents will feel they can't control him.

"Most parents are ambivalent about using their power to say no," says J. Michael Cupoli, M.D., director of the Pediatric Center for Development and Behavior in Tampa, Florida. "There's too much of a feeling that the family should be a democracy. For instance, some books tell parents that they should always give an explanation to the child. But with a three- or four-year-old, you don't really need to give a reason. I spend a lot of my time with parents of kids this age giving them permission to take control, to say no. Let the kids fight back . . . but still say no."

Mark Wolraich, M.D., professor of pediatrics at the University of Iowa, Iowa City, agrees. "Instead of trying to reason with a very young child, establish a clear and immediate consequence for behavior," he suggests. "Instead of saying, 'It would be nice if you did this,' say, 'If you don't sit down here now, you're going to sit down in the chair in the corner.' And be consistent. No parent can be consistent all the time, but do the best you can."

PRESCHOOL

PROBLEM: "MY CHILD IS AFRAID TO GO TO NURSERY SCHOOL"

When young children express a fear of school, that often isn't the issue at all: the real problem may be leaving their parents. Psychologists call this fear separation anxiety. (Also

under this heading: difficulty falling asleep, problems sleeping through the night, visiting the parents' bedroom, not wanting a baby-sitter.) Explains Wolraich, "The degree of separation anxiety a child feels about going to school depends in part on the child's personality: The more insecure she is, the more difficulty she's going to have being away from her parents. But the extent of her anxiety also depends on whether the parents are communicating to the child that they're anxious about her being away from them."

Wolraich says parents should first check out the environment—that there are no difficulties with the school or teachers. Assuming this is not the case, the experts agree that letting the child stay home from school doesn't help the problem. "If you stop them from going, children get the message that when they're concerned and anxious and put up a fuss about something, they can get out of it," explains Wolraich. "And next time the issue comes up, they'll put up even more of a fight." If possible, a parent might consider going with the child to school each day until she can go off by herself without any difficulty.

GRADE SCHOOL

PROBLEM: "MY CHILD'S TEACHER SAYS HE'S NOT PAYING ATTENTION IN CLASS"

Hyperactivity and attention-span problems are not uncommon at this age, according to Wolraich. When a problem is suspected, the school should initiate further evaluation upon the teacher's recommendation.

"Parents should meet with the teacher to get a sense of the teacher's feeling about the problem," says Wolraich. "Parents can also talk to other parents in the neighborhood to get opinions about the teacher" (continued)



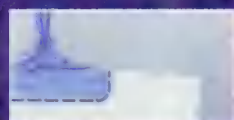
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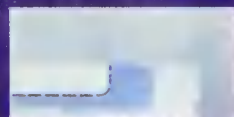
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(continued) and the school system. And the school system should have psychologists and speech clinicians available for further evaluations. Parents can also seek outside evaluation."

One issue that's been receiving a lot of publicity is the use of prescription medication to control hyperactivity. Critics charge that children are being overmedicated. "There *are* cases where drugs have been overused," Wolraich acknowledges. "On the other hand, it is a well-studied form of therapy and can be beneficial to some children. Parents shouldn't automatically discount it as one of the possible forms of treatment."

GRADE SCHOOL

PROBLEM: "MY CHILD HAS HARDLY ANY FRIENDS"

"How you handle this depends on how serious it is," says Wolraich. "There are many children who don't make a lot of friends and tend to be quieter. What you should do depends on how happy the child is. If she has little contact with teachers,

isolates herself at school and acts depressed, then it's probably cause for concern. But if the child has only one or two friends and seems happy—even though it's not what the parent would want—then I'd say she is probably all right. And it can change over time; a child who doesn't seem to have many friends now may become very social later."

ADOLESCENCE

PROBLEM: "I DON'T APPROVE OF MY CHILD'S FRIENDS—OR THEIR CLOTHES!"

"Your sons and daughters don't pick your friends and your clothes for you either," declares Robert Masland. His point is that adolescents must be allowed to make decisions for themselves. "The basic problem in managing a rebellious adolescent is figuring out what's important and what's trivial—when to take a stand and when to be flexible."

According to Masland, clothing, hairstyles, makeup and jewelry

Will the leading cereal lower



minor issues, even though they're often a source of controversy within families. In fact, it's not the strange hair or strange clothes that parents are afraid of but what they think these things symbolize.

When parents think of adolescence, they think of drugs, alcohol, sex, school problems," says Masland. But these problems have little to do with what a child wears. "Adolescents are trying hard to avoid turning out the way their parents want them to. With their dress and hairstyles, they want to be different. That's okay; they'll get into the mainstream soon enough. I tell parents to relax." Could parents have the same laissez-faire attitude toward their children's friends? In most cases, the answer is yes. The experts caution that it simply doesn't work to make absolute statements such as "I don't want you to see so-and-so" to a teenager. An adolescent must take responsibility for his or her life, and choosing friends is part of that process. "Parents have the right to set standards," says Masland, "but then

they should hope the kids will make their own right decisions. Parents need to give their children space."

ADOLESCENCE

PROBLEM: MY CHILD HAS STARTED TO TAKE DRUGS"

NEED A PEDIATRICIAN? WRITE AAP'S PEDIATRIC REFERRAL SERVICE

If you're new in town, a new parent or simply want to change doctors, you know how difficult it is to find a good pediatrician. The American Academy of Pediatrics offers a referral service that can help. For a listing of AAP members in your city, write to: American Academy of Pediatrics, Membership Department, 141 Northwest Point Boulevard, P.O. Box 927, Elk Grove Village, IL 60009-0927.

The advice is brief: Get help. Says Wolraich: "It's important to seek help early, as soon as you become aware of the problem. This can be a difficult time for kids, and it's best to get help before things get really out of hand. As you let a problem such as suspected drug abuse go on and the child gets older, (continued)

Can sugar please stand up?

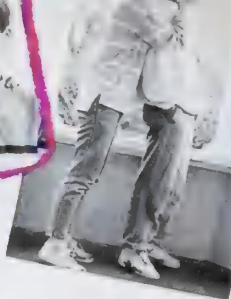


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A special report
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the American
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(continued) the less control you'll have and the more serious the consequences if your child chooses destructive behavior."

Common symptoms of drug abuse include: ■ personality changes, such as frequent arguments and violent actions ■ change in friends ■ skipping school and having falling grades ■ running away ■ suicide attempts ■ changing sleep patterns (especially with cocaine) ■ frequent colds or nose bleeds (a sign of cocaine abuse) ■

GET-DRESSED TIPS FOR KIDS

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The following helpful booklets are available free from the American Academy of Pediatrics.

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Send a separate self-addressed, stamped, business size envelope for each brochure to: Brochure name Department C, American Academy of Pediatrics, P.O. Box 927, Elk Grove Village, IL 60009-0927.

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A speedy, summer-perfect supper.
Next page, homemade sherbets



GREEN BEANS WITH SHALLOTS AND ALMONDS

Dress up fresh or frozen green beans.

In large saucepan bring $\frac{1}{3}$ cup water to a boil with $\frac{1}{2}$ pound green beans. Season with salt and pepper. Reduce heat; cover and simmer until beans are almost tender. Drain. Add 1 tablespoon *each* olive oil, slivered almonds and minced shallots and a pinch nutmeg with a squeeze of lemon juice. Cook, stirring, until shallots and almonds are browned.

Nutritional information per serving: 60 calories, 4.5 gm fat, 1.5 gm protein, 5 gm carbohydrates, 4 mg sodium, 0 mg cholesterol.



Menu FOR FOUR

*Microwave
Summer Herbed
Chicken

*Green Beans
with Shallots
and Almonds

*Tomatoes with
Bacon Dressing

Fresh peaches
with cookies

*Recipe given

Menu by
Kathy Jackette

MICROWAVE SUMMER HERBED CHICKEN

With the microwave, you can have your roast chicken and stay cool, too!

Melt 3 tablespoons butter with 1 tablespoon *each* chopped fresh tarragon, thyme and chives and 1 teaspoon Worcestershire sauce.

Rub $\frac{1}{4}$ teaspoon browning and seasoning sauce over a whole chicken (2 $\frac{1}{2}$ lbs.). Truss. Place breast side down on a microwaveproof roasting rack in a microwaveproof dish. Pour on 1 tablespoon herb butter. Cover with wax paper. Microwave on High 5 minutes. Turn chicken breast side up and pour remaining herb butter over it. Microwave covered on High 6 minutes; rotate dish a half turn and microwave 6 minutes more. Let stand 5 minutes.

Nutritional information per serving: 385 calories, 26 gm fat, 35 gm protein, 2 gm carbohydrates, 208 mg sodium, 133 mg cholesterol.



TOMATOES WITH BACON DRESSING

If you just can't get enough summer tomatoes, you'll love this salad.

In skillet cook 4 slices bacon until crisp. Drain and chop. In bowl combine bacon with $\frac{1}{4}$ cup mayonnaise, 1 tablespoon milk, 1 teaspoon minced chives and a dash red pepper sauce. Arrange 1 pound sliced tomatoes on a platter. Pass dressing.

Nutritional information per serving: 170 calories, 15 gm fat, 4 gm protein, 5.5 gm carbohydrates, 218 mg sodium, 15 mg cholesterol.

SUMMERY ROTINI



Select Deli Salad

- 1/2 of (1-pound) package Creamette® Rainbow Rotini, uncooked
- 1 (9-ounce) package frozen artichoke hearts, cooked and drained
- 1 (5-ounce) pepperoni stick, sliced
- 1 cup sliced fresh cauliflowerets
- 1 cup small fresh broccoli flowerets
- 1 cup diced Monterey Jack cheese
- 1/2 cup sliced green onions
- 3/4 cup vegetable or olive oil
- 1/4 cup red wine vinegar
- 1/2 teaspoon Italian seasoning (optional)

Prepare Creamette® Rainbow Rotini according to package directions; drain. In large bowl, combine rotini and remaining ingredients; toss to mix. Cover; chill thoroughly. Toss gently before serving. Refrigerate leftovers. 6 to 8 servings. © 1988 The Creamette Co.


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BASIC INSTRUCTIONS: In food processor puree ingredients for each flavor as directed below. Pour mixture into a shallow pan and freeze until firm. Return to processor and puree until smooth. Spread in pan again and freeze until firm. Process again; serve.

Pear

Puree 2 (16 oz.) pear halves in heavy syrup and 1 tablespoon pear brandy and 1 tablespoon fresh lemon juice until smooth. Makes about 4 cups.

Papaya

In small saucepan combine $\frac{1}{4}$ cup water and $\frac{1}{3}$ cup sugar; heat over high heat, stirring, until sugar is dissolved. Remove from heat. Puree 2 papayas, peeled, seeded and cut in chunks, with the sugar syrup and 2 tablespoons lime juice until smooth. Makes 3 cups.

Honeydew-Lime

Puree 2 cups cubed honeydew melon with 3 tablespoons sugar and 3 tablespoons lime juice until smooth. Add 2 more cups cubed honeydew and 1 egg white; process until smooth. Makes about 3 cups.

Apricot-Orange

Drain enough syrup from 2 cans (17 oz. each) apricot halves in heavy syrup to equal $\frac{2}{3}$ cup; discard any remaining syrup. Puree drained apricots, reserved syrup, 1 can (11 oz.) drained mandarin oranges, 1 egg white and 1 tablespoon lemon juice until smooth. Makes about 6 cups.

Banana-Pineapple

Puree 2 cans (8 $\frac{1}{4}$ oz. each) pineapple chunks in heavy syrup, 1 medium banana, $\frac{1}{4}$ cup amber rum, 1 egg white and 1 teaspoon lemon juice until smooth. Makes about 3 cups.

Strawberry

Partially thaw 2 packages (10 oz. each) quick-thaw frozen strawberries in syrup and puree with $\frac{1}{4}$ cup grenadine and 1 egg white until smooth. Makes about 4 cups.

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can do for a salad...*



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1 1/2 QTS. SHREDDED LETTUCE
2 CUPS CHOPPED TOMATOES
2 CUPS MUSHROOM SLICES
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4 OZ. 100% NATURAL **KRAFT** MILD CHEDDAR
CHEESE, CUBED
1 CUP RED ONION RINGS
2 CUPS **MIRACLE WHIP**
SALAD DRESSING

IN 2-QUART SERVING BOWL, LAYER
LETTUCE, TOMATOES, MUSHROOMS,
PEAS, CHEESE AND ONIONS.
SPREAD SALAD DRESSING OVER
ONIONS, SEALING TO EDGE OF BOWL;
COVER. CHILL SEVERAL HOURS OR
OVERNIGHT. GARNISH WITH BACON
OR SHREDDED CHEESE IF DESIRED.
8 SERVINGS



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are you always having a CRISIS?

Maybe it's because you *like* it that way. Here's an intriguing look at why some women seem to dramatize almost everything

CRISIS PROFILES.....



the fighter

always
stirring up
trouble



the rebel

loves to
play with
fire



the challenger

only goes
after
unattainable
men

- Do the people closest to you seem to be in constant upheaval or turmoil?
- Do the people who know you best say you make mountains out of molehills?
- Does it drive you crazy when your routine is the same for too long?
- Just when things are going smoothly, do you find yourself in a fight with someone close to you or faced with some emergency?
- Do you often take a secret pleasure in breaking social rules or minor laws and getting away with it?
- Have you ever been a binge eater or used alcohol or drugs to excess—especially when you were bored or frightened?

If you answered yes to several of these questions, you may, like many women, have a destructive need for melodrama in your life. If the drama isn't there, you unconsciously manufacture it.

"I was late for work again yesterday," Kelly announced defiantly, as she sat in my office for her third therapy session. "I've been put on warning, but I don't care what they say. Let them fire me."

"Well, tell me what happened this time, Kelly," I said.

"Oh, you know," she said, laughing. "That stupid car of mine wouldn't start. But first my friend Judy called and woke me—that was okay, because I forgot to set the alarm—and I had to talk to her because she was crying that she and her boyfriend had another fight. And then I spent fifteen minutes looking for my pair (continued)

From *THE AGONY OF IT ALL: THE DRIVE FOR DRAMA AND EXCITEMENT IN WOMEN'S LIVES*, copyright © 1988, by Joy Davidson, Ph.D. Published with permission of St. Martin's Press.

By Joy Davidson, Ph.D.

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If only, Lord,
these lazy days
Could last
throughout
the year!*



*Summer seems to last forever
in the eyes of a child!*

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■ HAVING A CRISIS?

continued

of big silver hoop earrings. . . ."

Kelly's life was constantly littered with little traumas like these. If she wasn't having problems with her mother, she was arguing with her relatives, searching hopelessly for her father again. A minor crisis seemed to erupt at every turn.

"I'm always worn out before I even get to work! Anyway, it doesn't matter. I hate that job."

"Like you hated the last one?"

"Yes! I hate my job, I hate my life—I hate my life." As she rattled off about half a dozen problems, she sometimes smiled and her eyes shimmered, but just for a moment. The deep sadness transformed her features.

While she described her unsatisfying, frenetic lifestyle, I noticed sometimes she looked almost delighted. I was intrigued.

"Kelly," I ventured, "when you tell me you hate your life, sometimes you look sad, but other times you look pleased. Can you tell me about both these feelings?"

Kelly paused, then spoke. "My mother has always been kind of crazy, unbalanced," she said sadly. Then a mysterious look crept across her face. ". . . it's never, never dull."

Kelly's words stayed with me. I did some women go to such extreme lengths to lead lives that were "never dull"?

During my years as a psychologist, I've seen a pattern emerge among some of my patients and among friends and family, too. I realized that women habitually lead lives of emotional turmoil *not* out of a hidden need to suffer but out of a misdirected need for excitement.

Women who thrive on melodrama are everywhere, among homemakers as well as professionals. Yet why would anyone *ask* for chaos? Isn't life difficult enough without adding a sort of excitement?

The basic drive for stimulation is usually a potentially healthy trait. A part of our psychological heritage. Drama can transform a life of boredom or quiet desperation into a life of excitement. The tedium of daily existence is swept away by the sensation of the moment.

But traditionally, most women have not been provided with the same opportunities of seeking excitement as men. Instead, women have been encouraged to find stimulation through their relationships or inner emotional life. Drama-seeking is a learned way of satisfying a basic need for stimulation by building high sensation into even

tations. When we create our own mas, *we* are the stars, while other le become supporting players. Typically, the drama seeker is ex- d to one way of generating excite- t during childhood. As an adult repeats what she's seen acted out her parents. I've found that the s of drama-seeking generally fall three categories: the Fighter, the lender and the Rebel.

The Fighter: thriving on conflict

loves a crisis. After all, what could ore invigorating than the emo- al upheaval of a good fight? Very . For human beings are built to t immediately in the face of dan- We're physiologically designed to a high from trauma.

hen we are angry or fearful, our a signals various hormone-produc- glands to release chemicals that y us for fight or flight. One of the products of this stress response is adrenalina rush, a biochemically ced feeling of power and pleasure.

he trigger can assume a multitude rms: explosive confrontations with d ones (the thrill of breaking up making up), drawn-out feuds with ly members (the thrill of indigna- rage and revenge), procrastina- on critical deadlines (the thrill of g with an emergency), and so on.

becca is a Fighter. The daughter alcoholic mother and a chronical- father, she was witness to contin- family chaos and crisis. Accus- d to strife at an early age, she me stimulation-dependent. Barely f her twenties, she was divorced, rried and separated again. Until cca sought therapy, she was not siously aware of her drama-seek- behavior or why, when things were g smoothly in her marriage, fights d suddenly erupt. Eventually she that she had constantly provoked husbands into arguments.

he Fighter's penchant for crisis her to overreact to ordinary irri- ns. She puts herself and others gh distress by creating drama f incidents that are really just of everyday life.

is sort of hyperstimulation can to fatigue and discontent. The er may wonder why she is always zzzled and fatigued, so vulnerable lds and flus. And because her ional energy is constantly deplet- rough drama, there is little ener- r time) left to channel her efforts ctively.

at's more, when one seeks excite- through dramatic conflict and , one is not able to experience unless it is accompanied by tur- The Fighter's stance is inevita-

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bly a barrier to intimacy and emotion- al support. A vague feeling of dissatis- faction is the price she pays for blindly seeking excitement through drama. Conflict and crisis can fill her time, but they can never appease her emo- tional hungers, or bring meaning, closeness or love into her life.

The Challenger: against all odds

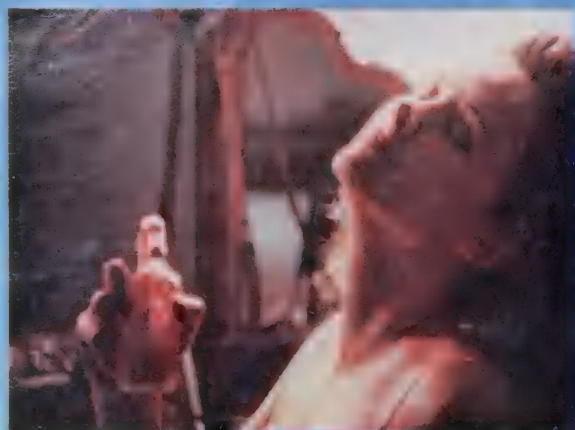
For many women, excitement stems from the drama of competing to win difficult, seemingly unattainable part- ners. They are hunters who prefer the chase to the kill. Their greatest high comes from defeating the odds. Yet it's a sad irony that this urge to test one- self against obstacles—a quality that could make them dynamic front-run- ners in the world—is primarily ex- pressed in their romantic relation- ships, where it often does the most damage. For these Challengers, the more remote the desired partner, the more appealing he becomes. This means, for instance, that a married man is more desirable than a single man; an uncommitted partner offers a greater test than a stable partner. There is tremendous potential drama in the effort to attract, get, change and keep a difficult, unattainable lover. And the drawbacks are obvious.

Paula was attracted to this type of

romantic drama. She exhausted her- self captivating and attempting to cap- ture the most elusive partners. Each relationship lasted six months, a year at most. Each time she told herself that *this* was the love of her life. Also, she was able to regard herself as spe- cial and valued whenever she thought another woman's man preferred her or an "impossible" man wanted her. It was never enough to be loved or de- sired by someone sincere. It was much more exciting to prove her self-worth through the challenge of hooking an- other hard-to-get man.

The Challenger's energies are al- ways focused on bewitching a man rather than on reaching personal goals. Instead of trying to achieve something concrete, such as a promo- tion or a creative accomplishment, the Challenger's passion is directed to- ward a person in an unproductive way.

She may try to convince herself that she is chasing a happy ending. But when it doesn't materialize, she doesn't see that *she* has set up this no-win situ- ation. Instead, she just goes on with the self-destructive pattern, hoping that *this* time she can get him for keeps. While romantic challenges always bring flashes of powerful sensation, they offer only the illusion of achievement. What most of these women are (continued)



AN
EXCITING
BLEND
OF
CONTRASTS
LIKE
AMERICA
ITSELF.



Lady Stetson.

HAVING A CRISIS?

continued

ly hoping to acquire—self-worth, success, happiness—eludes them.

The Rebel: breaking the rules

ometimes, life is never so good as n we're bad. Many women get a ll from thumbing their noses at vention and testing limits to see how far they can go. The rebellion usually self-destructive and rarely something positive like social nge or noble causes. It can take y forms: shoplifting, speeding, ncing checks, sexual risk-taking, se of alcohol, drugs or even food. In these activities, the excitement is n of the potential risk involved.

or example, Carolyn, a vivacious ried woman, feels trapped in the of good wife. She rebels by binge-on food. By overeating she is rebel-against her husband, who wants to be thinner, and against society, n its emphasis on slimness in wom- She's also risking her health with unhealthy eating patterns. But behavior adds a sensational aspect er otherwise controlled life.

any women who engage in this sort isk-taking suffer from a nagging e of worthlessness. Often, they have ckground of abuse or neglect, which es them feel worthless or unlovable. y play with fire to temporarily for-their pain. But when the thrill of moment wanes, they're left feeling nguished as ever.

's tragic that the Rebel squanders many outstanding qualities. If aneled productively, her willing- to risk failure or danger and her aral curiosity could be remarkable ts. When indulged destructively, ever, these qualities become emo- al liabilities that keep her from eeing worthwhile goals and under- e her self-respect.

The thrill of it all

many women, getting through life a day to day is not exciting enough. act, many people experience life as ominantly tedious and mundane. y don't find their jobs stimulating heir spouses fascinating, and gh they love their children, 're bored with the drudgery of par- ng. Waking up each morning is an to the blissful oblivion of sleep, not beginning of an adventure.

her people find that each day pres- endless opportunities for creativ- and challenge. Though their needs the same as anyone else's, they go nd mere survival in their concen- ed efforts to extract the unusual n the (continued on page 85)

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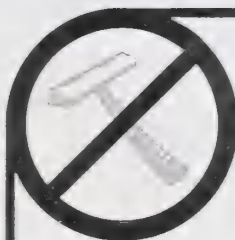


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HAVING A CRISIS?

Continued from page 81

dane. They find excitement because they seek it out. It's nothing wrong with living life to the fullest.

However, you're one of many women who resort to unhealthy drama-making to garner thrills, there is a way to write the script.

First, you must be aware of your self-destructive behavior. In the midst of a dramatic episode, say to yourself, "Oh, my gony of it all," and you will have stepped outside the

It is my hope that in this highly melodramatic life, you will find an honest mirror of your feelings and a humorous comment on your behavior. By removing yourself momentarily from your attachment to the crisis, you can yourself up to rethinking and understanding it.

After awareness, the next step is finding excitement through healthier behavior. The good news is that many of our clients have found a way to meet the need for stimulation without having to resort to theatrics.

In contrast to melodramatic highs, pure excitement creates a confident and energized feeling rather than a feeling of disappointment. Healthy excitement takes many forms, but it contrasts with drama in two essential ways. First, healthy excitement is not self-destructive, it's productive. Second, healthy excitement offers you real pleasure and a concrete reward.

After becoming aware of their self-destructive dramatizing, many women have been able to rechannel their energy. Here's a look at some examples of healthy excitement that our clients have shared with me:

When I surpassed my company's sales quotas for the year, I was really proud and excited. At the annual banquet, I received an award; it was great to be recognized and rewarded by my peers.

The first time I skied a black-diamond run, the most exciting trail, I was scared but never more thrilled.

After I had my twins, I decided not to go back to work for a while. I discovered being a mother was challenging and rewarding. And for the first time in years, I've had time to myself. It's wonderful.

Every time I face the jury, I'm excited. As a lawyer, I'm constantly challenged, always putting myself on the line for my client. It's sometimes tedious work, but the rewards are there at the end of the line.

Each of these experiences is self-actualizing: They either strengthen your self-esteem, further your goals and ambitions, or enhance your growth. And none of these experiences is damaging to yourself or others.

The possibilities for including healthy excitement in your life are limited only by your imagination. Starting a business, advancing your education, taking up body-building, giving a well-planned party, running for office, racing a marathon—all are self-actualizing endeavors.

The pleasure you get may be its own reward, as in the very adventure of going to an exotic restaurant or attending a concert. Or it may be the result of a professional achievement, such as successfully negotiating an important contract or publishing an article in a magazine. In each of our most exciting endeavors, pleasure and reward are—by example, playing in a tennis tournament, seeing our garden grow or making love.

Any goal that is challenging and stimulating has its ups and downs, anxiety-producing and frustrating moments. In the end, healthy exhilaration is often tinged with agonies of defeat. It is in getting beyond the difficulties that we grow as individuals—and aspire to a greater level of accomplishment and excitement. Remember, where drama causes you to ache today, pure excitement and self-love can bring fulfillment tomorrow.

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HOT SUMMER MOVIES

WHAT'S



LIZA
MINNELLI

happy
at last

No more *maybes* this time. Liza's back in charge: detoxed, svelte, performing at peak—and determined to stay that way. Says the forty-two-year-old superstar, "I've never felt so *wonderful* in my whole life. I feel younger than I've ever felt. Carefree."

Not so long ago—after years of drinking and taking pills, two divorces, three miscarriages and a string of professional flops—Liza hit bottom. But after a stay at the Betty Ford Center, and after a lot of introspection and meditation, Liza finally made peace with the demons that had haunted her for so long—and bounced back with a bang. These days, it's hard to keep up with her.

For one thing, she has a new movie: *Arthur 2 on the Rocks*, a sequel to the successful 1981 film *Arthur*, in which the wealthiest and cutest alcoholic in

**Talking with
the stars of this
season's
most-talked-
about films**

the world (Dudley Moore) fell in love with a waitress from New York. Now Liza's character is newly coiffed and glammed and married to Arthur, and she wants to adopt a baby. Every day

with Moore on the set was, as Liza puts it, "an anecdote," and Dudley seems to have had some fun of his own: "Liza is very alive, very agreeable and very funny," he says. "And she understands these days what is important in life."

Liza's life these days is in balance. Although she still enjoys the glitzy social whirl, she's also enjoying quiet, simple times—like staying home, reading, doing needlework and watching a video with her hubby, sculptor Mark Gero. "Making some diet hot cocoa and putting our feet up on the coffee table," she says, laughing. "Aah, the swinging life!"

But she's still an extrovert at heart and can be found occasionally boogying at a Michael Jackson concert or debating passionately with Cyndi Lauper about hairstyles at the Grammy Awards or hobnobbing with Halston and the rest of the glitterati. But these days she also delights in just going for a leisurely stroll with Mark or sitting under the stars.

As for the chemical dependencies that made her sick and bloated, she swears that (continued)

By Jeff Rovin



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HOT SUMMER MOVIES

(continued) apart from her ever-present cigarettes, "aspirin is the most I take." And she adds happily: "Look! My hands don't shake anymore."

Liza's new lifestyle definitely shows. Whether she's wearing a Halston or a tattered T-shirt and baseball cap, she looks terrific. Her hair is a lighter, softer spray of brown now, instead of the old, severe tomboy look, and she is slim and radiant. "I work out and dance a lot, and I do two hundred sit-ups every day. That keeps me in shape." She puts on hard-rock music to keep up a driving pace during her exercise sessions.

She also *feels* terrific. Unlike before, when she was "trying to be everything everybody else wanted and denying my own feelings," Liza is now nurturing a quiet, reflective side. "I'm learning to be a friend to myself. Once a day, you say to yourself, 'How are you, honey? How are you doing? What's going on?'"

And finally, Liza is working regularly as well, and that may be the best balm of all. This spring Liza joined Frank Sinatra and Sammy Davis, Jr., on their Rat Pack tour, and in May she appeared in her own ABC television special with Ryan O'Neal, Lou Gossett, Jr., and John Rubinstein. She also plans to make more films.

Through it all, she's been performing with the energy of a woman who's glad to be back from the professional dead and who's learned the value of being in control. In fact, she's become positively evangelical about the dangers of substance abuse. "Chemical dependency is a sad, lonely story that millions of women share. The only solution is education. If I can spare somebody from going through what I went through, I'll gladly do that."

She's also learned to be content with herself. "We can't all look like Elizabeth Taylor," she says, "but we can look like that inside. If you get your mind right, you can do anything."



The entertainer's newfound confidence shows in her impish smile



the
odd
couple:

Lily Tomlin and Bette Midler

They're as different as fire and water. Yet they have one thing in common: private sides that are in total contrast to the flamboyant antics the public sees. And together this summer, playing two sets of identical twins in *Big Business*, they create comedic sizzle.

THE DIVINE MISS M. Onstage, she's the queen of flash and trash. "I wouldn't say I invented tackiness," she says, "but I definitely made it popular." Still, once Bette Midler steps out of the spotlight, her mile-a-minute persona is jettisoned as easily as one of her wild headdresses.

"She does not have this need to always be on," says Bette's husband, Martin von Haselberg. "She makes me laugh, but she's also quite introspective."

This is a side of the forty-two-year-old actress that surprises those who don't know her. "The first time I met her I was expecting Sophie Tucker," says Jim Abrahams, director of *Big Business*. "Someone boisterous, perhaps abrasive. But that's not Bette. She's very articulate, intelligent and giving."

Among Bette's favorite roles today are those of wife and mother. And she could not be happier. "I love being a mom," she says of her (continued)

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HOT SUMMER MOVIES

WHAT'S

(continued) daughter, Sophia Frederica, who is nearly two years old. "It's totally changed my outlook. I've learned that you have to give in order to get. That's a big thing to learn at my age. And I like it."

Midler is swapping roles professionally, too: She's the voice of Georgette in Walt Disney's next animated feature, *Oliver and Company*, and she's co-starring with Barbara Hershey in a drama, *Beaches*.

WOMAN OF MANY FACES Lily Tomlin is also quite a revelation in real life. During our interview, the forty-nine-year-old comedienne, who onstage is a totally uninhibited

performer, sits on the floor, rocking back and forth like one of her characters, the five-year-old Edith Ann. Asked what movies she likes best, she says with disarming girlishness: "The scary ones, where creatures take over people."

With anything tougher than that, however, Tomlin's articulateness deserts her. On macho men, for example: "The slightest challenge to it—at least . . . they interpret it as a challenge rather than just a facet of existence or the possibility of gradual change in terms of types—I don't want to get specific." Apparently.

On how she gets along with modern technology: "If we don't—the way I see it, it's like a funny kind of reverse—it's like we have to—as if our lives should be simpler and purer." Right.

As the interview progresses—or doesn't—it becomes obvious that Tomlin would much rather spend her time inside comedic characters. "Jane Wagner should be here," she says, referring to her collaborator and companion. "She's much more verbal than I am."

No disputing that, but Tomlin is still very likable. For at heart she remains a timid, shy girl who is most content when pretending to be other people.



In Big Business, Lily and Bette, playing two sets of twins, are double trouble for each other

BRUCE WILLIS gets serious



His once-popular TV series, *Moonlighting*, is on the wane, and his multimillion-dollar contract with Seagram has run dry after the company decided that a guy who pushes cops shouldn't push its wine cooler. So is Bruce Willis worried?

Probably not. After all, he received \$5 million for his third movie, *Die Hard*, a dead-serious thriller that allows the actor to prove his talent isn't limited to smirks and snappy one-liners.

"Bruce has the charisma to be a contemporary Bogart," says *Die Hard* director John McTiernan.

And Willis's offscreen image is changing, too. Last year, he shoved the police around—literally—when they asked him to turn down the music in his home. (The cops were not impressed. Bruce spent a few hours in jail.) But he's mellowed since, partly from sheer exhaustion. For a while, Bruce was working simultaneously on *Moonlighting*, *Sunset* (his second movie) and *Die Hard*.

The real catalyst of his taming, though, was Bruce's marriage to actress Demi Moore. These days, Willis is actually enjoying domesticity. "The love I feel for my wife is an incredible high," he says. "I feel balanced and very centered."

That doesn't mean he's slowing down, however. Bruce wants to make more movies and another TV series. But colleagues are betting he won't stay quiet for long; he's basically a party animal, they say.

Maybe. But very shortly he's going to be a dad. And parenthood, as his *Moonlighting* co-star Cybill Shepherd recently told the *Journal*, "puts all of your life in a great new perspective."



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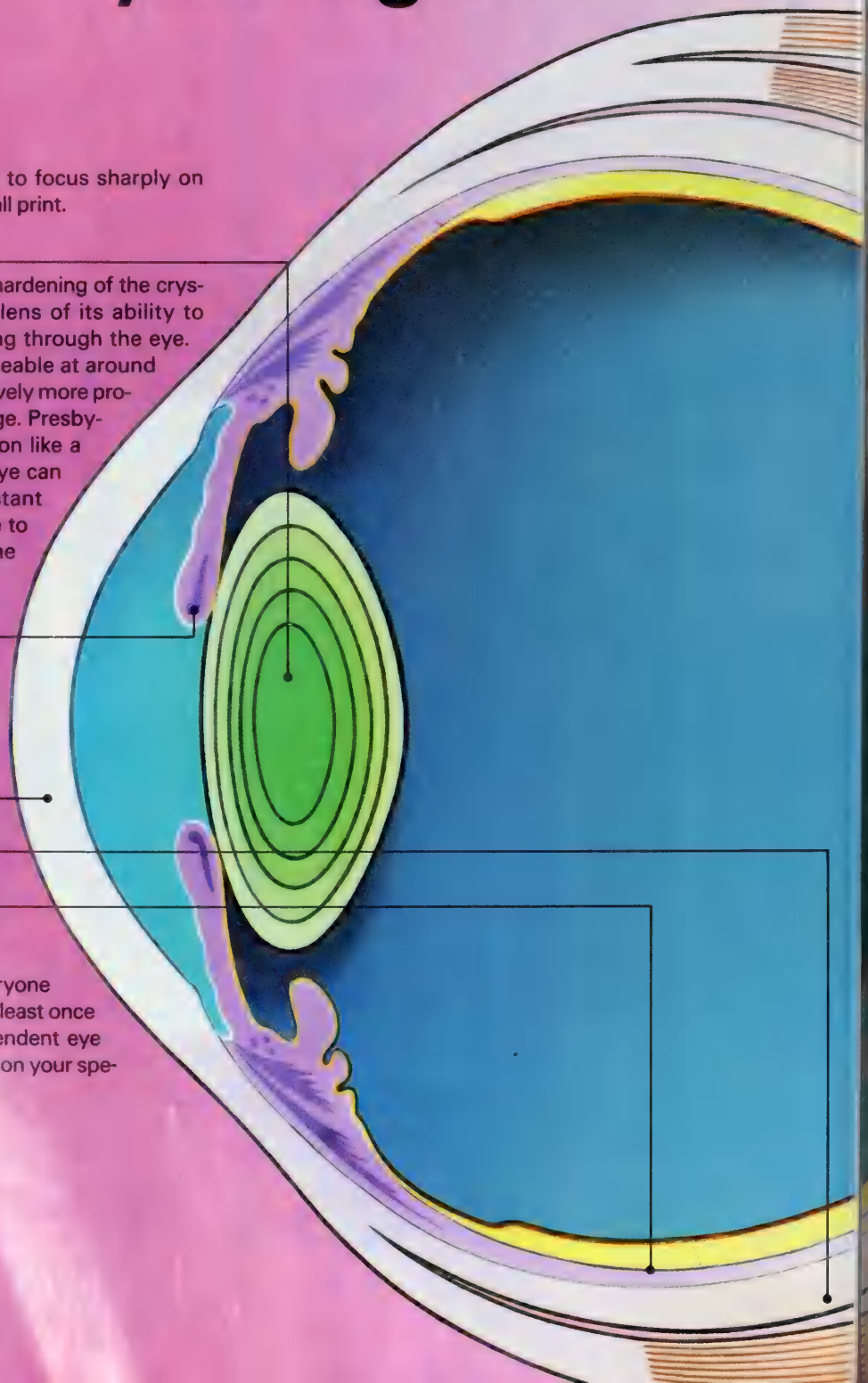
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Spanish LADIES

Laurie did not want to spoil her sister's wedding, but how could she forget her own recent loss? A touching story by the author of the best-selling novel *The Shell Seekers*



On a Wednesday at the beginning of July, old Admiral Colley died. He was buried the following Saturday, in the village church, and two weeks later his granddaughter Jane was to be married to Andrew Latham in the same little church. There were a few raised eyebrows in the village, but "that was what he would have wanted," the family members said to one another, and dried their tears and went on with the arrangements.

It was six-thirty on a July morning, and Laurie awoke to a bedroom filled with sunshine. Beyond the open window she could see the pale, cloudless sky, herald of a perfect day. A breeze blew in from the sea and stirred the daisy-patterned curtains, which matched the wallpaper and the frills around the quilted bed. Even as a child, Laurie had always yearned for a different sort of room, one neat and austere as a ship's cabin, and a bed like Grandfa's, with drawers underneath and a little ladder.

Happy the bride the sun shines on. She knew that her mother was already up and about, probably making an early-morning cup of tea and sitting at the kitchen table, composing what must surely be the last of her hundreds of lists of things to do. (continued)

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By Rosamunde Pilcher

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why bother?*

Kings: 17 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report February 1985.

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■ SPANISH LADIES

continued

Fetch Aunt Blanche from station.
Hairdresser. Will she need lunch?
Dogs' dinner. DON'T FORGET.

Across the upstairs landing, in the other little attic room, Jane presumably slumbered. Jane had never been an early riser, and the fact that this was her wedding morning was unlikely to break the lifelong habit of twenty-five years.

Her imagination wandered on down through the house. To the double guest room where her elder brother and his wife slept. To her father, perhaps beginning to stir.

"We can't afford a big wedding," he had stated firmly the moment the engagement was announced.

"We don't want a big wedding," Jane had said. "Perhaps a registry office and a little lunch afterward."

"We don't want a big wedding," her mother had said, "but I suppose we could have something simple. . . ."

Which left Laurie and Grandfa to make their contributions to the discussion. Laurie made no contribution at all, being at Oxford at the time of the engagement, but Grandfa came down on the side of what he called a bit of a splash. "What's the point of some hole-

in-the-corner ceremony?" he'd said.

Laurie could hear him say it. She turned over in bed and buried her face in the pillow and fought against the great surge of grief that threatened to engulf her, because he had been, all her life, her favorite person, her wisest counselor, her very best friend. Jane and Robert were close in age, but Laurie had come along six years later and had always been something of a loner, almost an only child. "What a funny little thing she is," her mother's friends would observe, thinking that Laurie was not listening. "Doesn't she ever want another child to play with?" But Laurie did not need other children because she had Grandfa.

Grandfa had been in the Navy all his life. After his retirement and the death of his wife, more than twenty years before, he had bought land from his son and built a cedar house with a wide veranda that jutted out over the old sea wall. At high tide the water lapped against the stones and reminded Grandfa of his days at sea. He had a telescope fixed to his veranda rail, and this afforded him much pleasure. There were not many boats to watch—nowadays nothing came in or out of the estuary except the sea—but he enjoyed watching the birds and counting the cars on the causeway.

He had died on his veranda, warm evening, with his ritual pin in his hand and his gramophone in the room behind him. He was very fond of his gramophone. He had owned a television, but he had a love of music. *Night of love, O love, night, O, Night that's all divine. Barcarolle.* He had been playing "Barcarolle" when he died—they found it on the gramophone, finished disk still spinning, the record grinding in the final groove.

When Laurie was small, he taught her songs, and they had them together, mostly sturdy chanteys with no-nonsense tunes. Laurie's favorite was "Spanish Ladies":

*Good-bye and farewell to you
Spanish ladies,*

*Good-bye and farewell to you,
of Spain,*

*For we have received orders
sail for old England. . . .*

His heroism was legendary. He had fought the war in the Mediterranean and then moved to the Far East to Ceylon. He had survived bombs and sinkings, only to bob up again as one of the best-loved flag officers in the Service. But now he was gone.

At the funeral Laurie had looked at the simple coffin draped in the vel-

THE BIG LEAGUE TASTE YOU



gn and had broken into noisy, un-
pable tears and had to be ushered
by her mother. She had not been
k into the church since and had
e a lot of excuses for missing the
ding rehearsal yesterday.

at today—today was the wedding
day, and there could be no excuse.
And no excuse to stay in bed.
rie got dressed and went along to
Jane.

Good morning, how are you feel-
" she asked, giving Jane a kiss.

Not nervous at all. Just cozy and
portable and cosseted. How about
You've got to do all the right
gs, too, like catching the bouquet
n I hurl it in your direction, and
g charming to the best man."

Oh, Jane."

Well, now, come on, it's William
cowan. I can't think why you don't
him."

like him all right, even though
always treated me like a ten-year-
But he's so smooth. I mean all
e girls batting their eyelashes ev-
time his glance swivels their way."
You're being very mean. He can't
it if girls fall in love with him."
just wish sometimes he'd get spots
is face or have a blowout in that
car of his."

After a moment, Jane said, "Laurie
... are you going to be all right?"

Laurie stared at her. They had never
been very close, had never exchanged
confidences or shared secrets, and Lau-
rie knew that for this reason, it had
taken some effort for Jane to ask her
that question. She knew that in re-
turn she should let down her own bar-
rier of reserve, but it was her only
protection against the emptiness, the
sense of aching loss.

She could feel every nerve in her
body drawing in on itself, like a sea
anemone suddenly touched. She said,
"What do you mean?" Even to herself,
she sounded cold.

"You know what I mean.
Grandfa..." Poor Jane looked ago-
nized. "We... we all know it's worse
for you than for any of us. You were
always his special person. But, well, it
wouldn't have been fair to Mother and
Father to put the wedding off."

"It's not your fault," said Laurie.
And then there didn't seem to be any-
thing else to say, so she went out of the
room and closed the door behind her.

The morning progressed. The house
was slowly taken over by strangers.
The caterers arrived, vans appeared at
the door, tables were erected, glasses
set out, looking, as the sun struck
them, like hundreds of soap bubbles.

All at once in a fit of pique, Laurie's
mother announced that she couldn't
possibly wear the hat that had been
made to go with her mother-of-the-
bride outfit. It was a sort of baker's boy
beret made of azalea-pink silk. "I look
like nothing on earth in it," she
wailed, but mercifully the hairdresser
arrived and she allowed herself to be
led upstairs.

"Good," said Laurie's father. "Noth-
ing like a new hairdo for calming down
the nerves. She'll be all right now." He
looked at Laurie as he ran a hand over
his thinning hair. "You all right?" he
asked her. His voice was casual, but
she knew that he was thinking about
Grandfa, and she couldn't bear it. She
said, deliberately misunderstanding
him, "I haven't got a hat to wear—
just a flower."

After a light lunch, they all went up
to change, and Laurie brushed her
silken hair, wound it up into a coronet
on the top of her head and fixed the
single camellia into the coils. Then she
dressed herself, finally slipping the
long, pale dress over her petticoat, and
picked up her bridesmaid's posy.

Downstairs, everything was unfam-
iliar. It wasn't just the house, the
drawing room stripped of furniture,
the massive flowers and the caterer's
tables. It was herself. The *(continued)*



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■ SPANISH LADIES continued

thin, light feeling of the dress, the chill around her neck without the usual fall of hair over her shoulders. Nothing was the same. She knew that nothing would ever be the same again.

She went through the open French windows and sat on a chair on the terrace, looking out at the lawn. Beyond, the garden sloped to the blue waters of the estuary. She looked out and thought of Grandfa.

Laurie heard the scrunch of gravel and a car door slam, but took no notice, assuming that it was some last-minute thing for the wedding. But then a man's voice called out, "Anybody around?" and it was, unmistakably, the best man, William Boscowan.

He was the last person she wanted to see. Laurie, silent and still as a shadow, slipped off her sandals and walked down into the garden, crossing to the gate in the fuchsia hedge.

The door to the little house was unlocked as always. Laurie went in and smelled the fragrance of the cedar paneling and tobacco smoke. She opened the living room door and went in, and there were the worn Persian rugs, the

sagging leather chairs. A bluebottle buzzed against the far windows. She went across and unlatched the windowed door, and slid it aside. The stuffy, abandoned room was filled with a great gust of air. Laurie stepped onto the veranda and looked out at the estuary, blue as the sky and dappled with sun pennies. Then she sat in Grandfa's chair and leaned her head back and closed her eyes. If she could just sit here . . . not go to the wedding . . . not talk to anybody . . .

Somewhere a door creaked. Laurie opened her eyes but did not move.

The next moment William appeared. He stepped over the sill and stood looking down at Laurie. Even in that moment of dismay, she had time to admit to herself that in his morning suit with the best man's white carnation, he looked extraordinarily handsome. The stiff white collar accentuated his tan, his black hair matched the somber coat, his shoes were gleaming.

He said, "Hello, Laurie."

"What are you doing here?" she asked him.

William grinned. "Andrew's a little anxious about confetti in the suitcases, so I came over to fetch Jane's luggage. You were nowhere around, but one of the caterer's ladies had seen you come down to the garden. I just wanted to

make sure everything was all right," Laurie said, "I'm fine."

William leaned against the railing and looked about. "What a fantastic day. It's like being on the bridge of a ship."

Laurie leaned back in her chair. "Did you know," she asked him, "you know that this wasn't always an estuary? Long, long ago, before the water got silted up with sand, it was a water channel that reached a mile more inland. And the Phoenix came, sailing their ships up on flood tides, with cargoes of spice and damask, and all the treasures of the Mediterranean. And they would trade and unload and barter, and finally start back again on their long and arduous journeys, loaded to the wales with Cornish tin. About a thousand years ago, that happened. Just think." She looked at William. "Did you know that?"

"Yes," said William. "But I wasn't hearing it again."

Laurie said, "Grandfa told me." Then, without thinking, she said "I miss him so much."

"I know you do. I think we all do. He was a great man. He had a great sense of humor."

She had not thought of someone missing the Admiral.

"It wasn't just his telling you that I was like that," she said. "So . . . (continued)"

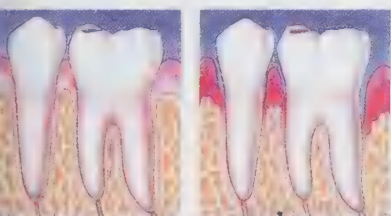
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When your gums bleed, chances are it's not because you brush your teeth too hard. More likely, it is a sign of gingivitis—the early and reversible stage of gum disease. Left unchecked, gingivitis can lead to more serious stages of gum disease. And gum disease is the leading cause of adult tooth loss.

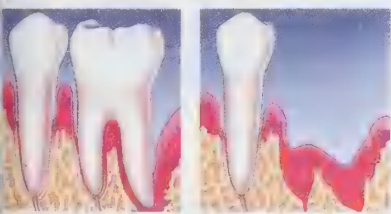
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1. Healthy Gums 2. Gingivitis



3. Periodontitis 4. Tooth Loss

and other by-products. Over time, this process can cause the tender, swollen bleeding gums associated with gingivitis. And if it is not controlled, gingivitis can advance



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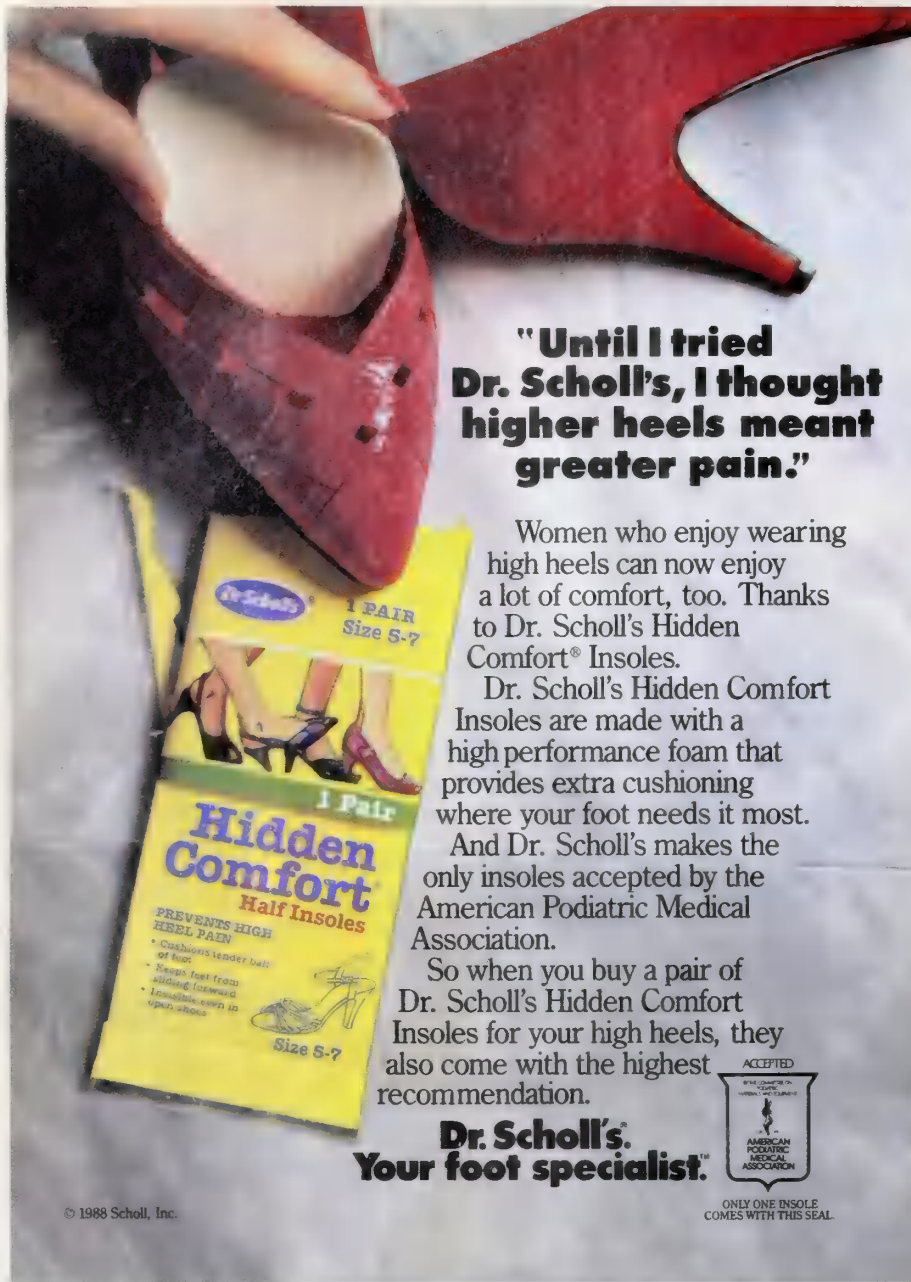


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Now, don't start crying again, Laurie, because if you do, your face will go red and blotchy and you'll be a hideous bridesmaid instead of a beautiful bride. Don't look back over your shoulder. Think about Jane and Andrew. Lift your chin up. The Admiral will be proud of you."

And now it was time. In the middle of the ancient church the bridesmaid and her father and the bridesmaid arranged themselves. As the loud clangor of the wedding bells was stilled. From inside the crowded nave came the small whistles and rustles of an impatient and feeble congregation.

The church warden gave a signal and the music started. Laurie took a deep breath. They moved forward through the doorway, into the church. Sun shone through the stained-glass windows as the congregation, in a flash of finery, surged to its feet.

Suddenly, Laurie realized that the worst was over. She had stopped feeling nervous and miserable. She simply felt wonderfully calm.

The music. The music playing resounding, triumphant, exactly what was needed for a wedding. It had probably never been played before on just such a occasion, but it bore them up toward the altar on a tide of glorious sound.

Spanish ladies.

A lump swelled in Laurie's throat. *never knew they were going to Grandpa's music for the wedding march.*

How could she have known? She refused to come to the wedding rehearsal, and probably none of her family had the heart or could summon the nerve to tell her.

Good-bye and farewell to you Spanish ladies...

Grandpa. He was here. He was in the church, reveling in the traditional ceremony, encouraging all of them. Still part of the family.

Good-bye and farewell to you, ladies of Spain.

Andrew and William stood waiting at the end of the aisle, watching a little procession approached. And their eyes were on Jane, and there was a wonder written all over his face. But William...

He was watching Laurie, his expression steadfast, concerned, reassured. She realized that the lump in her throat had come to nothing and she wasn't going to cry. She was there was some way of telling William about Grandpa, but then she caught his eye, and he smiled and sent her an unmistakable wink, and she understood that there was no need to tell him because he already knew.

SPANISH LADIES

continued

much had happened in his lifetime. The whole world changed before his very eyes. He remembered it all. And he always had time to talk. Who's going to tell Jane and Andrew's children about all those marvelous things?"

"Perhaps that's up to us."

She met his eyes. His expression was somber. She said, "I know I'm being impossible, and everybody thinks I'm spoiling things. I don't mean to. It's just that... everybody says Grandpa would have wanted us to go ahead, just the way the wedding was planned. But how does anybody *know* what he would have wanted? They couldn't ask him, because he wasn't here to ask. How can they *know*?"

She couldn't go on. The tears were

spilling down her cheeks. She tried to wipe them away, but William handed her a handkerchief and said, "You're mistaken, you know. He did want the wedding to go ahead. He said as much. He went to see my father about two weeks before he died. I think he'd probably been feeling a little unwell, or perhaps he had some sort of a premonition, but they were talking about the wedding, and the Admiral told my father that if anything did happen to him, he didn't want it to make any difference in Jane's wedding plans."

Laurie wiped her eyes. "Is that *really* true?"

"I give you my word, it's true. Isn't it typical of the old boy? And I'll tell you something else, although I shouldn't jump the gun. He's left this house to you. He wanted you to have it. His favorite grandchild and his best friend.

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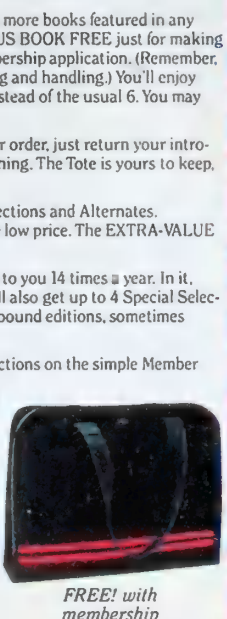
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Crime AND PUNISHMENT

Crime is part of the daily news, but how does it influence our daily lives? We asked women how crime has affected them and what they're doing to protect themselves

Have you ever been the victim of a crime?

Surprisingly enough, 70 percent said they'd *never* been crime victims. The 30 percent who *had* were most likely to be executive women and those in higher income brackets.

If so, how were you victimized?

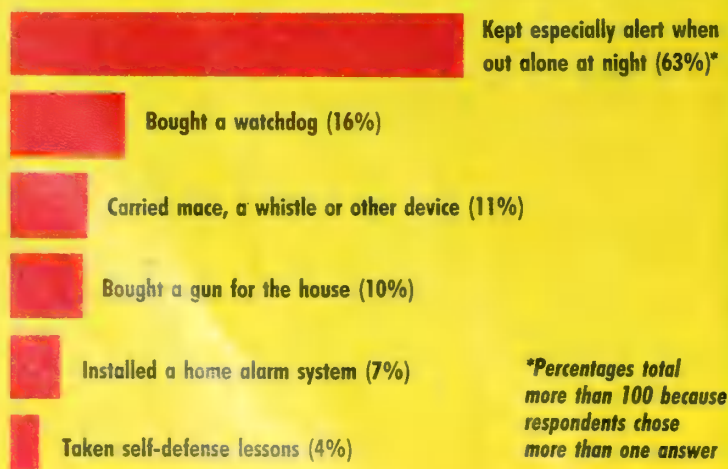
Nearly half of women victims said their homes had been burglarized, with women in the western part of the country and those over sixty most often affected. Other crimes, in order of frequency, were:

- Car theft (a bigger problem for women aged forty-five to fifty-nine)
- Pickpocketing (Northeastern women were most often victims)
- Physical assault (frequent among women under thirty)
- Mugging (a significantly higher occurrence for women over sixty)
- Sexual assault (cited most often by women thirty to forty-four)

Twenty-eight percent of the respondents said that they'd been victims of crimes other than those listed in the survey.

What precautions have you taken to avoid victimization?

Most women prefer common sense to active self-defense. Here's what they've done:



HOW OFTEN DO YOU WORRY ABOUT BEING A CRIME VICTIM?

The headlines don't panic our respondents: 44 percent said they rarely worry (concern tended to decrease with age); 31 percent do so occasionally, and only 16 percent worry frequently. Of the 8 percent that said they worry daily, low-income women were the group most concerned.

DO YOU FAVOR THE DEATH PENALTY FOR CONVICTED MURDERERS?

Sixty-four percent of the women in our study think capital punishment is justified, with Republicans and Westerners most likely to agree. Of the 20 percent opposed, black women felt most strongly. Fifteen percent were undecided.

Do you have a question you'd like asked in our ongoing survey of the American woman? Send it on a postcard to: Roper Questions, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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women and

sex

1988



What's the number-one sex problem facing couples today? How much has the fear

of AIDS changed our behavior? To find out, Ladies' Home Journal hosted a lively panel discussion by nationally known sex experts

the panel

(each row, left to right)

- Pepper Schwartz, Ph.D., co-author of *American Couples: Money, Work and Sex* (William Morrow, 1983)
- Myrna Blyth, editor-in-chief, *LHJ*
- Erica Jong, author of *Fear of Flying* (New American Library, 1973) and *Serenissima* (Dell, 1988)
- Jan Goodwin, executive editor, *LHJ*
- Dagmar O'Connor, director, sexual therapy program, St. Luke's-Roosevelt Hospital Center, New York City, and author of *How to Make Love to the Same Person For the Rest of Your Life: And Still Love It* (Bantam, 1986)
- June Reinisch, Ph.D., director of the Kinsey Institute, Bloomington, Indiana
- Bill Young, deputy director, Masters and Johnson Institute, St. Louis
- Alexandra Penney, author of *How to Make Love to a Man* (Dell, 1982)



Myrna Blyth: There are so many issues I'd like you to talk about today, but let's begin with a basic one: Is the sexual revolution over?

June Reinisch: When you go into the American bedroom, I don't think you'll find that the so-called sexual revolution made a gigantic difference for married couples. What we did see in the sixties and the years following was an increase in premarital sex, (continued)

women and sex 1988



"To make time for

sex, women should eliminate some

chores—like most housework!"

(continued) because more contraceptives became available legally.

Erica Jong: And we should make a distinction between what's happening in the real world and what's happening in the media, when it says, either "Sex is in" or "Sex is dead." Right now the press reports constantly about AIDS and the new chastity. At the same time they're claiming condoms are in. In reality, both are nonevents. Single women walk around with condoms in their pocketbooks, but does the condom come out of the pocketbook at the moment of passion, and do men accept it if it does? It's doubtful.

Blyth: Has AIDS changed our attitude toward sex?

Pepper Schwartz: AIDS has generated an extraordinary amount of fear. But the actual use of safety measures—condoms and spermicides—is sporadic at best and absent in most cases.

Reinisch: People often feel, mistakenly, that they're protected, that there are boundaries between their community and high-risk communities. But seventy percent of gay men say they've had a sexual encounter with a married man at least once. I think, though, that the fear of AIDS is stopping some married people from extramarital dalliances.

Jan Goodwin: It's certainly influenced the lives of single women and of newly married couples as well. Some young women have said to me, "My God, I wonder if my sex life before I got married affected my health. Should I get tested? Should I tell my husband?"

Schwartz: Let me throw in another factor about today's sexual climate, one that I think is even more important than AIDS, and that is the aging of the baby-boom generation. As this group gets older, its sexual habits are influenced by a newfound sense of mortality, the impact of sickness, of not feeling all-powerful, of fewer options. So I would say that affects our sexual attitudes, no matter what else is happening.

Blyth: Regardless of the decline in sexual activity, wouldn't you agree that the sexual revolution has permanently influenced us? For example, in the fifties, you were supposed to be a virgin until you got mar-

ried, and you felt very guilty if you weren't.

Schwartz: Absolutely. And then during the sixties, sex before marriage became something that respectable people did. We became better informed, too, about female sexuality, and we began to expect more from sex. In fact, we started to have impossibly high expectations. I'm not sure how much happier women are sexually today, but the baseline of what they expect is higher.

Alexandra Penney: People have finally realized there is a possibility for a different kind of sex. The men and women I've interviewed, at least, went from the understanding of intercourse as just a quick en-

counter to the idea that it is possible to have a fuller and more meaningful experience in the bedroom.

Goodwin: But has our more sophisticated knowledge of sex really led to changes in relationships between men and women? For example, do men want women to initiate sex? Do women want to initiate it?

Dagmar O'Connor: As a clinician, I frequently see women who are not assertive enough sexually, and that's not surprising. Many women are basically ambivalent about their sexuality. They think, How far can I go? Am I not proper if I'm a very sexy woman?

Penney: There's an ambivalence, too, in men, a difference between what they say they want in a woman and what they really want. If you ask men, "Do you like a woman to initiate sex?" every man says yes. Then if you talk to him, you find out he means, "Yes, a little bit, but I want to be the dominant force."

Schwartz: I've found, too, that some couples have unusual ways of initiating sex. When I asked partners how they communicated their sexual needs to each other, I found two couples who kept little statues on the mantelpiece. If one of the partners wanted sex that night, they changed the statues so they were facing each other. But if the statues were on opposite ends of the mantelpiece, sex was out of the question.

O'Connor: It might be a good idea for those couples to learn to say simply, "I want some sex."

Blyth: Well, it would be less complicated, that's for sure. Let's talk about how important sex is to women. We've all read about surveys where the majority of women say they'd be very happy just to have affection.

Schwartz: In one of my studies, there were some interesting findings on this. We actually found that sex was more important to women than to men—not for themselves but because they perceived it as being so necessary to their husbands. And the men had a wider range of things other than intercourse that they found sexually sufficient. Oral sex was pretty high for men.

Blyth: Did most women enjoy oral sex?

Schwartz: One third felt sex wasn't worth having if they didn't have oral sex. A third said, "That's nice but not necessary." And a third said, "Anything but." These percentages were the same whether we asked women about giving oral sex or receiving it.

Bill Young: The difficulty is that men have always said that intercourse was the big event, the validation of intimacy. So we've developed amnesia about cuddling, holding, mutual masturbation and (continued)

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women and sex 1988



"A woman should

show her desire in nonverbal ways—

such as wonderful underwear."

(continued) talking with your partner. Intercourse certainly is a part, but it's not the greatest part of a committed relationship.

Blyth: In your practices, what kinds of sexual problems are you hearing about or treating most frequently?

O'Connor: Many of the women I see are experiencing frigidity, a lack of interest in sex. But so often this is tied in with a power struggle between the couple, and once you can resolve that struggle, it's amazing how quickly the woman is turned back on.

Young: At Masters and Johnson, the top problems we're treating are impotence and inhibited sexual desire in both men and women. Impotence is first now.

Goodwin: Does this indicate an increase in impotence—or an increase in people seeking help?

Young: No, I don't think impotence is a trend. I do think, though, that more men are seeking help and that many women are seeking it for their partners.

Reinisch: Impotence is the number-one problem we hear about at the Kinsey Institute. And it's not just men who write us, it's women. We've also found that men worry about penis size; it's one of the most common topics. But we also know that most women are *not* interested in penis size. Where do men get the idea that it means something? From other men, of course.

Blyth: What advice do you have for couples who *aren't* experiencing problems but whose sex lives have become humdrum?

Penney: Find out what he likes in bed. It's amazing to me that women very often don't know exactly what turns their husband on. Ask him, "Does this feel good?" Be subtle, though; you don't want to sound like you're asking for road directions. And don't do the same things week after week. Couples with strong sexual relationships often try something different, whether it's perfume, a new kind of lighting, a new position. Be creative.

Schwartz: A good time to talk these things over is not when you're in bed but when you're having a romantic dinner. I'd like to say, too, that though you *can* make sex more fun, I also believe that long-term sex is not

going to be highly passionate. We should have as our long-term goal comfy, warm, pleasurable sex. It's a nice way to make love with someone you really care about.

Long: It's very sexy for a woman to show her desire in nonverbal ways and for the man to be in control. I say this as a feminist who likes sex a lot.

Goodwin: You mean more black nighties?

Long: Yes, and garter belts. I'm a believer in wonderful underwear.

Blyth: What makes a man or woman a great lover?

Penney: Two things. One is the ability to concentrate

completely on the other person. Second is what I call "the golden touch." Do *not* do unto the other as you would have him do unto you. The sexes have such very different responses. Women like one kind of touch, men like another, usually firmer, touch.

Long: There are some people whose hands will fly to the very part of you that needs to be stroked, because they are empathetic, and they've been looking at you and listening to you. They are totally concentrated on their partner. A person who can do that is a great lover, man or woman.

Young: Another factor is the exchange of vulnerability: being physically, emotionally, verbally vulnerable and having that accepted. It doesn't happen very often, but when it does, it's wonderful.

Penney: Bill's point about physical vulnerability reminds me of a related issue. How do women feel about their bodies during sex? Almost every woman whom I've talked to over the years has voiced concern about her physical appearance in a sexual situation. I bring this up, because I think it's a very big issue, and most of us haven't accepted our own bodies.

Reinisch: You're absolutely right. In fact, Americans appear to have a more negative self-image than people in other cultures. We have an ongoing project in Denmark and the U.S. that includes a body image questionnaire. The Danes are either positive or neutral about ninety percent of their body. But when you ask American women and girls about their bodies, they're *unhappy* with ninety percent of their features, and happy or neutral about the remaining ten percent. That dissatisfaction reflects the American culture's view of women. And it's important to work on this issue, because not only does it affect women's sexuality, it affects our view of ourselves in other ways.

Penney: You have to remember that when you're in bed with a man, he wants to be with you. He's not worried about how your body looks.

Goodwin: We've talked about techniques, and they're important. But couples need time, too, and privacy.

O'Connor: We very seldom arrange for that, though. We never put sex on the social schedule, because we think it's embarrassing. How many people, for example, hire baby-sitters so that the baby-sitter can take the kids to the movies, and *they* can get some privacy at home? It's hard to be spontaneous about sex.

Schwartz: To make time for sex, women should eliminate some chores—like most housework. I also think we should ask something of our (continued)



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women and sex 1988



Alexandra

"Remember, when

you're in bed with a man, he's not

worried about how your body looks."

(continued) friends, and we should work to share responsibilities so we can have more time.

Jong: Divorced people have weekends without the kids, and a married couple should periodically arrange for that kind of weekend, too. They need it. Or a married couple could take an afternoon off every few weeks, rent a hotel room, go there with a bottle of wine and pretend they are lovers, because they *are* lovers.

Blyth: But even if couples manage to make time for sex, it's often difficult for women to combine the role of mother and the role of lover. Many of our readers, whether they're married, divorced or single mothers, are concerned about dealing with their sexual image in front of their children.

Young: It's good to teach your children that they are not the center of the universe, and that you indeed have sexual needs and physical needs. You shouldn't make love in front of them, of course. But you and your husband should show affection with each other, because you're role models for your kids.

Jong: That's been a grave concern for me in the last nine years, since I had my child. I've never flaunted my sexuality in front of my daughter, but I've certainly reserved the right to go away and have relationships with men. I think that's where taste and tact come in. My daughter, Molly, doesn't meet people who aren't important in my life. And even if I were promiscuous, I would never subject her to a passing array of lovers. However, it's important for her to know that there's adult life and there's child life.

O'Connor: I think the best sex education you can have is a lock on the bedroom door and to use it.

Schwartz: For many single mothers, the situation is complicated. They're working hard, and they have very little time for anything between work and children. They have to do an extraordinary amount of planning not just to be with somebody but to *find* somebody. That's not something that should be neglected, because it's important to nurture the sexual and emotional self.

Blyth: And young married mothers seem to have difficulty sometimes in maintaining a sexual relationship with their husband. I've spoken to women who say, "Gee, sex used to be so important. Now, I only make love because he wants to. I'd rather be asleep."

Young: Just after birth, there's going to be a period of two to nine months or a year, or maybe even longer, when there's no interest, because no hormones are being produced. There's not a man in the world who understands that or likes that.

Reinisch: But there's a psychological component to this lack of interest as well. Seeing yourself as a mother is

an enormous change, maybe one of the most revolutionary that a woman can have in her life. You go from being the lover to being the mother, and you have to try to integrate those two roles.

Jong: On a somewhat related issue, I'd like to say that I find it very distressing the way the concept of womanhood gets reinvented every seven years. I was a little girl in the age of Doris Day, I grew up wanting to be Gloria Steinem, and now I'm raising my daughter in the age of Nancy Reagan and Princess Diana. I feel it's very important for us not to be flags in the wind of fashion, to have a center that says, "I know what it means to be a woman."

Blyth: That's a good point, and it's especially important when women are going through menopause to have that knowledge of what it means to be a woman. In our country, menopause is almost a shameful secret, because we've been told that the end of the childbearing years is the end of femininity.

Jong: I remember reading ridiculous statements like "a menopausal woman is as close to being a man as a woman can ever get."

Young: A woman is going to live about one third of her life after menopause; that's a significant chunk of time. But there's been a feeling that sexual needs are absent after menopause. That's a myth. The time after menopause can be a time of great freedom. After all, the worry and responsibility of contraception are gone.

Jong: I think we're about to enter a time of intense menopausal chic, a time of greater interest in menopause, because the greatest number in the population is aging. And I think, too, that at every age sexuality should be seen as a continuum of life.

Blyth: We'd agree, then, that women are gradually learning to look at sexuality as an integral part of their life and not as something that exists only in the bedroom or only during the childbearing years. But it also seems to me that no matter how sophisticated we become about our sexuality, for the majority of women there are some enduring values—marriage, home, children—that will never change. If we manage to integrate those values with what we've learned about our sexual needs, desires and responses, every woman can begin to see herself not as just a mother or just a lover but as a complete person. I think the discussion we've had today can help women do that. Thank you all for participating. ■

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chopped
2 cloves garlic, minced
1 stalk celery, finely
chopped
1 carrot, shredded
1/4 lb. mushrooms,
sliced
1 1-lb. can tomatoes,
crushed
1/3 C. dry red wine or
beef broth
2 Tbs. dried rosemary,
crushed
1/4 tsp. each dry basil
and oregano leaves

Sprinkle pork cubes with
salt and pepper. In large,
heavy skillet, heat olive oil.
Add pork and brown on all
sides. Remove and set
aside. To the pan add
onion, garlic, celery and
carrot. Cook, stirring, until
onions are soft, about 5
minutes. Add pork and
remaining ingredients. stir
well, cover and simmer
10-15 minutes.

Serves: 4
Preparation time:
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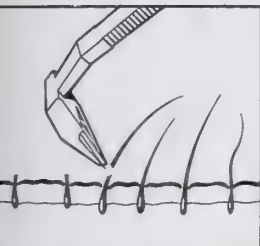


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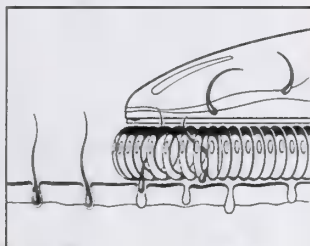
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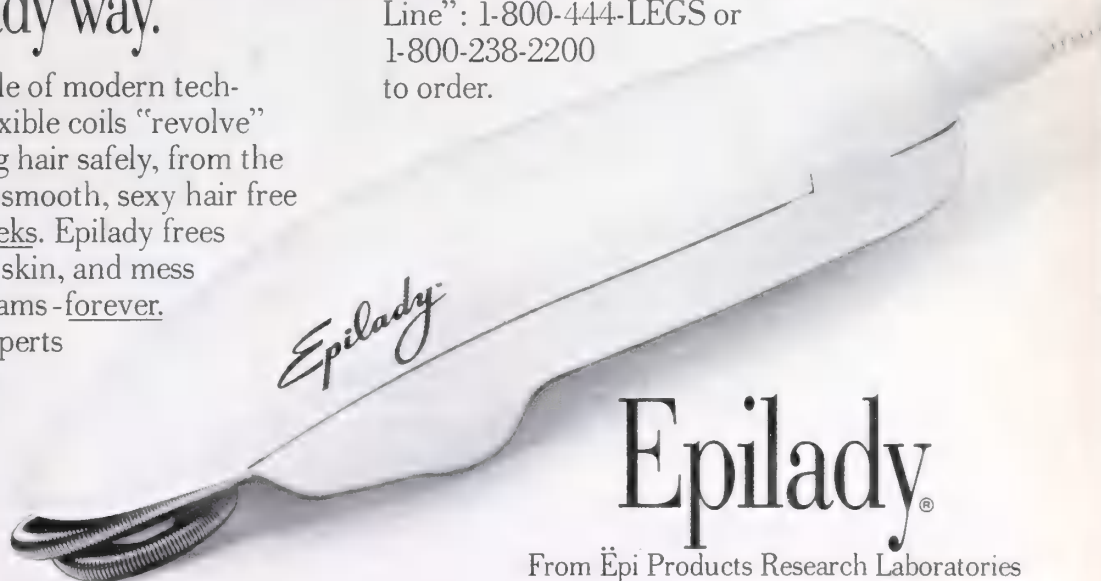
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That night, March 21, 1985, Kathy was having the time of her life. Moving gracefully to the pounding music, she could almost smell the sharp breeze coming off the ocean.

It seemed like a perfect night out. Then suddenly, without any warning, the young woman's eyes rolled back in her head, and she crashed to the floor.

Brad, seeing her collapse, ran to Kathy's side. Forcing himself to stay calm, he pulled back her eyelids and saw that she was unconscious. An off-duty nurse, who had been dancing nearby, felt for the young woman's pulse and shouted, "Her heart's stopped!"

Kathy, who was so robust that she never even bothered to go to a doctor, (continued)

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■ BACK TO LIFE continued

had suffered what is known as sudden cardiac death, or cardiac arrest. Without any warning, her blood pressure dropped to an alarmingly low level, her heart began beating wildly and ineffectively, and then it stopped altogether. For twenty-one minutes, the young woman was without the essential sign of life, a heartbeat.

The dancers milled around the now-silent club as the nurse and a series of police officers kept Kathy breathing while waiting for an ambulance.

To Brad, in disbelief as Kathy was given cardiopulmonary resuscitation (CPR), the minutes were an eternity. "Time slowed down," he recalls. "But I suddenly realized that this had been going on for a long while. I thought, *Where are the paramedics?*"

Unfortunately, the emergency medical crew had become lost on the way to the club. After the paramedics arrived and administered two shocks with a defibrillator, Kathy's heart began beating again.

But the young woman's chances did not look good. In the intensive-care unit at Daniel Freeman Marina Hospital, Kathy, comatose, was put on a respirator because the lining of her lungs

had been irritated when she vomited during the CPR.

Jim Richards, the doctor called in to supervise Kathy's case, did not disguise his pessimism. "We're doing everything we can," he told Kathy's family and Brad. "But you need to un-

"When I died, I felt as if I were floating above the room. I saw my doctors working on me, and they were frantic."

derstand that she's in rough shape."

Kathy's doctors knew that she had suffered a sudden cardiac arrest, in which the heart beats out of control and fails to pump blood. This is different from a heart attack, in which the heart is prevented from receiving blood because of blocked coronary arteries. But her doctors didn't know *why* Kathy had suffered a cardiac arrest; the victims of such a disorder are usually in their sixties or seventies and have a history of heart disease.

After a preliminary study, M. Schwab, M.D., Kathy's cardiologist, theorized that the young woman might have a congenital heart abnormality.

For three days Kathy was in a coma. She awoke slowly, and she remained on the respirator for another week. She had lost her short-term memory, and as she lay in the ICU, Kathy had no recollection of going to the club or of her collapse. With the respirator tube in her throat making it impossible for her to talk, she wrote letters to her family, asking, "What happened?"

Brad remembers, "Kathy would wake up for short intervals and ask questions, and we'd explain. Then she'd wake up twenty minutes later and ask the same questions."

Once she understood what had happened, and that another cardiac arrest could occur at any time, Kathy was terrified. "I got really scared that I was either going to die or that my life would be so restricted that I would be able to do anything," she says. "I found myself asking, *Why me? What did I do wrong?*"

Kathy's family and Brad, watching the normally buoyant young woman struggle with depression and frustration by their inability to help her. (continued on page 1)

BACK TO LIFE

continued from page 116

and her doctors knew that unless they maintained the clarity of Kathy's heartbeat with drug treatment, it would be only a matter of time before she suffered another cardiac arrest. And that one, they knew, might well be the last. Sudden cardiac arrests are responsible for about 400,000 to 500,000 deaths each year in the United States, and it had been sheer luck that the arrest Kathy had suffered had not killed her.

"She'd used up nine of her nine lives at that point," says Dr. Schwab. The CPR had kept Kathy's circulatory and respiratory systems functioning during the twenty-one minutes she had no heartbeat. Without the CPR, Richards says, Kathy would certainly have died or ended up in a severe vegetative state."

Two weeks after Kathy was brought to the hospital, Dr. Schwab gave her an electrophysiology (EP) study—a test to diagnose the exact cause of the arrest and to see what type of drug therapy would be most effective.

During the test, doctors actually induce cardiac arrest by administering varying levels of stimuli so they can determine how strong a drug is needed to control the patient's heart. The procedure, although necessary, is frightening and not without risk. Most patients are revived with a defibrillator once they suffer cardiac arrest, but some cannot. In a study of eight thousand EP tests done over an eight-year period, Schwab said, researchers found that about 10 percent of people died during the procedure.

Kathy was apprehensive but hopeful; she knew that by surviving the test she would be able to get the best treatment possible. "Let's do it," she told her doctors.

During the procedure, which lasted five hours, Kathy's heart was easily stimulated to an irregular beat, and she then suffered cardiac arrest. But she did not lose her short-term memory, as she had before. Instead, Kathy had an out-of-body experience that she remembers vividly.

During the ten seconds of Kathy's second death, she was feeling an unprecedented sense of peace. Like many people who have had similar experiences, she says it was a surprisingly pleasant one, not at all like the Judgment Day scenario many people envision when they think of dying.

"I died, but I didn't see the pearly gates or anyone going, 'Come on up to heaven' or 'Go on down to hell,'" she says. "All my troubles were lifted off me. It was like I was floating above the room. I saw the doctor and nurse looking on me, and they were frantic. I heard them say, 'Kathy, Kathy!' and I felt so" (continued on page 164)

coming in September

NEW HEALTH TERMS: WHAT DO THEY MEAN?

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all about **FERGIE**

Ladies'
Home
Journal
August
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her flair



By Susie
Pearson and
David
Thomas

her flubs

the kind of
mother
she'll be



Already the countdown in London has begun. The large, pretty room with its Laura Ashley wallpaper at the Portland Hospital, a fifteen-minute drive from Buckingham Palace, has been prepared. The kitchen, which specializes in nouvelle cuisine (*continued*)



FERGIE'S

flair

She's a high-flying daredevil who can look like a demure schoolgirl or a sophisticated cover girl. And she obviously finds her prince charming



At ease: Fergie's jaunty self-assurance is obvious whether she's on the field or on the sidelines

(continued) and will also serve celebratory champagne, has been briefed on Fergie's culinary likes and dislikes. And the ground-floor baby-wear boutique is no doubt hoping to supply a few royal baby gifts.

Even the Royal Navy has finalized details on "Operation Storm" which will whisk the daddy-to-be Prince Andrew, back home as soon as Sarah goes into the hospital. Andrew's ship, the destroyer *Edinburgh*, left for two months of exercises around Australia and the Far East in June. Once Fergie goes into labor, Andrew will be helicoptered to the nearest point of land where he can connect with a flight to London. The Prince has been granted compassionate leave to be at his wife's side, arriving, it is hoped, in time for the birth.

And Anthony Kenney, Fergie's longtime gynecologist and one of London's best, cleared his calendar for the first week of August. The forty-four-year-old doctor, who has as hearty a sense of humor as his royal patient, prefers to induce labor rather than allow a baby to be overdue. He feels the risks of inducing are outweighed by the dangers of allowing a pregnancy to continue too far beyond the scheduled date of birth. In Fergie's case, the date is August 4, the same day as the Queen Mother's birthday.

Like the majority of Kenney's patients, Fergie will be given an epidural anesthesia. The trend in Britain and particularly among Sarah's sisters is to give birth as quickly as painlessly as possible. Natural childbirth is still an exception, although Fergie has attended private classes to prepare her. In fact, Betty Parsons, one of London's most-sought-after childbirth experts, came out of ret

FERGIE'S flubs

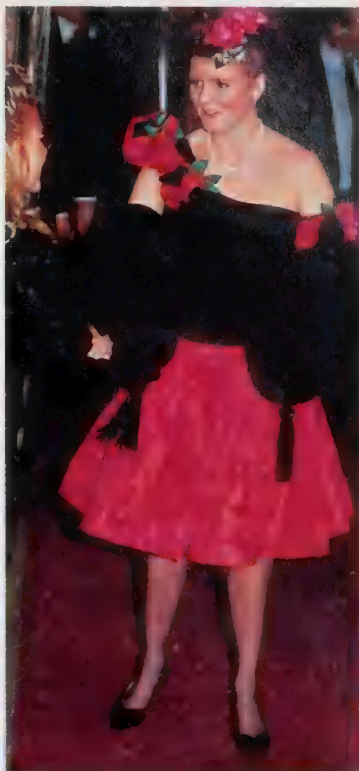
t to teach the Duchess of York. seventy-two-year-old specialist, formally retired two years ago, takes on only special cases. Fergie was highly recommended by an earlier student, Princess Diana, who put the two together. Another student who attended Betty Parsons' "huffing and puffing" class described the expert as being "always frightfully jolly and wonderfully relaxed. She made you feel confident and in control." Before Andrew has been at sea and before he is expected to coach her through the actual birth.

For many of Britain's royalists, the birth of the infant who will be in line to the British throne is guaranteed to be front-page news. The arrival of Andrew and Fergie's first child is expected to knock the front pages a royal scandal erupted at the beginning of the year. It began when one of London's racier tabloids revealed in its headlines that Fergie's father had been a longtime member of a regular visitor to a high-class hotel and massage parlor.

In addition to being a royal mother-in-law, Major Ronald Ferguson was also Prince Charles's polo manager. Not surprisingly, Prince Andrew himself has been linked with porn star Linda Stark had Buckingham Palace been so embarrassed. When the story broke, Fergie quickly telephoned her father and told him, "Keep your chin up, don't let them [the newspapers] get you down." The Palace showed a predictable stiff upper lip. Refusing to comment, they would only say quietly, "He'll have to deal with this himself. It's nothing to do with us, despite the fact he's the Duchess of York's father." At least one member (continued on page 159)



Should a mother-to-be go skiing? Fergie's fans said no. Among her less serious lapses: her ultrafrilly dresses (flashy, not trendy); her asymmetrical hat (a high-fashion flop); and her less-than-regal posture (even a duchess slumps sometimes)



The too-common touch? Fergie's occasional raucousness has drawn criticism from the public and Buckingham Palace

VEGGIES



Left: Grilled Red Pepper and Yellow Squash medley with Cumin Dressing. Right: Summer Corn with Herb Butter, Vegetable Kabobs with Tarragon

Barbecued food is always a treat, but if you've never sampled fresh veggies with the charcoal charge, you're in for a real taste sensation!

Recipes, including our savory butters, begin on page 149

on the grill

By Jan Turner Hazard, Food and Equipment Editor





Photos, Mark Thomas. Prop stylist, Nancy Micklin. Food stylist, A.J. Battiferano.



WAMMY

takes it off

A hair-raising tale of a small-town girl with golden locks (almost down to her socks), who loses it all one day in the big city (with the help of *LHJ*) and gets exactly what she wants

By Lois Joy
Johnson
Beauty and
Fashion Editor

It all started here...

Dear Ms. Johnson,
I need help! I'm a twenty-eight-year-old professional woman who hasn't changed her hairstyle in twenty years because I haven't found a stylist with the self-confidence to begin the project. Every stylist asked, "Are you sure you want to do this?" Yes! Yes! I want to cut my hair. I want to look fashionable. I want a style that exudes confidence. I want to do away with the braid, toss the barrettes!
Can you help me?

Tammy
Tammy Hostetler McCurry



LHJ's beauty department to the rescue! Eight inches off! Should we stop here?



Pro stylist John Sahag, of the John Sahag Salon, tells Tammy to go on. He should know—he also trims the tresses of Brooke Shields and Farrah Fawcett.



8 inches more...



Yikes! Tammy begins to cry—out of sheer joy at being rid of that overwhelming mane of hair! "No more Alice in Wonderland cracks," she says.



Shall I go on?

How does it look?



"Finally, my hair has style!" The swingy cut is shoulder length and layered. John tapered the sides slightly for softness. "The look is getting close to what I had in mind." But John and Tammy discuss going all the way—to a chin-length bob with feathery bangs. "Bangs? I've never even considered bangs before!"

6 more inches



John scissors the back a bit shorter than the front to give the cut more movement. He made the allover, face-framing layers long to maintain weight and control at the ends.



Since Tammy's hair naturally falls to the right, John angled her bangs so they're a bit longer over her right eye. He said the look is more playful and sexier that way. We agree.

Snip... snip...



It's fabulous!

Dear Lois,
Just wanted to thank you again for all you did for me in NYC. My new do is getting rave reviews here in Savannah, and I'm having great fun going incognito! I've been hearing comments like "You did more than cut your hair!" "You have cheekbones!" Thanks once more for the new look. I love it!

Tammy

*happy
ending*

Don't I look
GREAT

the **BIG** *easy*

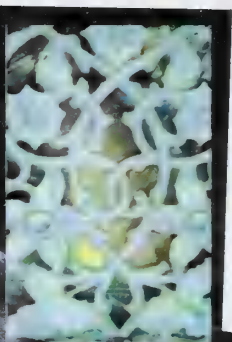
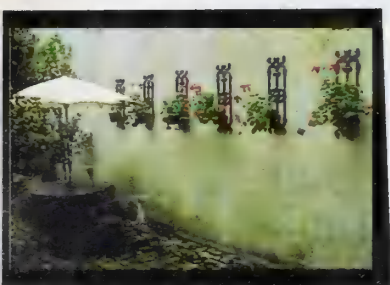
● Romantic, sensual, steamy New Orleans . . . home of jazz, jambalaya and a streetcar named Desire.

The Crescent City is a festive town, most notably in the colorful French Quarter, where music pours out of the clubs day and night. Yet what's

truly memorable about the Big Easy is the unique architectural decorating style, a combination of French and Spanish influences, w gives New Orleans a European ambience. We visited homes in three tricts—the French Quarter, the Garden District and Uptown—to bring a taste of this spicy and very special place.

BY MARILYN DIANE GLASS, DECORATING AND DESIGN EDITOR, AND KAREN REISLER, ASSOCIATE DECORATING AND DESIGN EDITOR

● *Left: Ornamental grillwork, a New Orleans hallmark. Splashed courtyards (top photos) are private havens Quarter residents*





● Left: This beamed country-style sitting room is a showcase for Louisiana French Creole furnishings—a style favored in the eighteenth century



the French Quarter

The Quarter's what you think of when you picture New Orleans: candy-colored row houses, sunny courtyards, lacy balconies. It was the bohemia that inspired Tennessee Williams, William Faulkner and Sherwood Anderson, who once remarked, "I've never known anybody who lived in, or even visited, the Quarter who wasn't slightly intoxicated—without booze."



● Above: This typical French Quarter home is a charming 1824 French Creole maisonette. The elegant French doors help cool the house. Left: The dining room's grand antiques get a modern lift from a striking, classic checkboard floor

Historical information from *BEAUTIFUL CRESCENT*, by Joan B. Garvey and Mary Lou Widmer (Garner Press, 1984); literary research by Kenneth Holditch of Heritage Tours Inc. (historical and literary walking tours of New Orleans); all floral arrangements designed by Mitch Hebert of Magazine Flowers; all early Louisiana Creole furniture, Patout Antiques; rug, chair, antique French needlepoint pillows, Charles Cooper Antiques; accommodations provided by the Windsor Court Hotel and the Royal Orleans.

the BIG easy



the Garden Distr

The most prestigious part of the city, the Garden District was the New Orleans suburb to which wealthy Americans flocked after the Louisiana Purchase in 1803. American aristocrats shunned the small French Quarter row houses, preferring to build mansions with extravagant gardens that range in style from Greek Revival to Victorian.

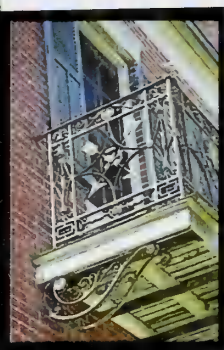
Designed by Holden ■ Dupuy Interior Design

● *Left: Most of the doors (and buildings) in New Orleans are painted in the colors of Mardi Gras—purple, green and gold—which stand for justice, faith and power*



● *Top and left: A painted chest is a dazzling focal point for the foyer of this 1903 Victorian home. Lead-ed glass windows are indigenous to New Orleans. The motif was inspired by the iron-work of the Quarter. Center: a formal English-style living room*

the **BIG** *easy*





● *Left: This unusual 1866 home was originally a store. Below: A collection of 1908 prints of Mardi Gras floats and a gorgeous custom-made antique bed (which Dennis Quaid slept in while he was filming *The Big Easy*) are the main attractions of this enchanting bedroom*



Uptown

The last area to be developed in New Orleans (it was once considered the countryside by French Quarter residents), the Uptown District today features beautiful homes in the luscious sherbet shades that the city is famous for. Strolling down the winding, tree-lined streets, you are greeted by the heady scent of magnolia and camellia blossoms and reminded once again that the Big Easy is like no other place in the world.

Designed by Rivet Hedderel of Rivet Interiors

They are America's top models—those fabulous faces who sell billions of dollars of products and earn megabucks for their efforts. These beauties can command \$1,000 an hour or land a \$6 million contract just for having the right image. Here's a candid look at their lives. By Sherry Suib Cohen

billion dollar **beauties**

Christie Brinkley: all-American girl

When Christie Brinkley breezes into a room she takes your breath away, so radiant is her blond beauty and megawatt smile. And when she speaks of her two-and-a-half-year-old daughter, Alexa Ray, and Alexa's daddy, rock star Billy Joel, she turns up the voltage. "In the beginning, Alexa really looked like a clone of Billy," says Christie. "I remember a friend's mother came up to me and said, 'Why, Christie, you were nothing but an incubator,' and it sort of hurt. But now, from the nose up she looks like Billy, and she's got my smile and my face shape.



Christie says superstar singer Billy Joel is a super husband and a dotting father: "He makes a mean pasta and even changes Alexa's diapers!"

"I always knew that when I had a baby, that would be my number-one priority, and if I had time for anything else, well, fine," Christie explains. "But I've managed a really nice balance now. I even bring Alexa to modeling jobs because she's so popular. Look, I don't want this child to be raised by a nanny, and I find I can do almost everything for her and still pick the modeling jobs I want."

Christie is certainly in a position to pick and choose. She won't discuss actual fees, saying impishly, "I can only say I work fewer days for more money than I ever dreamed possible." But a Ford Model Agency official allows that Christie earns between \$5 million and \$6 million a year. She's a Cover Girl model for Noxell, and she recently signed to represent a fashion pattern collection, which will debut in the Simplicity catalog in September.

Most supermodels usually admit that they also love the spotlight, but Christie feels that fame can be the worst part of the profession.

"I don't mean to sound like an old sourpuss," she says, "but I'm so protective of Alexa (continued on page 158)

NO-COOK

summer suppers

■ Take a little of the sizzle out of summer with our light-but-satisfying suppers you can fix in a flash without going anywhere near the oven! These keep-your-cool entrée salads are perfect for no-fuss week-day dinners, weekend picnics or after-the-beach eats—they're even classy enough to whip up for company. On the following page, more savory one-dish delights.



A feast for the eyes and appetite,
left: Turkey-Melon Salad
with Curry Dressing. Above:
a zesty, tantalizing
array—Italian-Style Tuna Salad

Photos: Thom DeSanto. Prop stylist: Deborah Donahue. Food stylist: Dora Jonassen.



It's a snap to make simple salads look extra special—we did it by arranging meats with brightly colored veggies, cheese and beans on a standout platter. Use leftover cooked meat, or pick up some cold cuts from the supermarket deli section. Two more creative ideas: Use hollowed-out peppers instead of small bowls to hold salsas and sour cream (left); ladle salad dressing in a stripe down the center of a salad instead of serving it in a side dish (below). Turn to page 146 for recipes.

NO-COOK

summer suppers

Top: Our Aztec Salad in shades of the Southwest features rare roast beef served with tomatoes, onions, corn, beans, Cheddar cheese and a dash of spicy salsa

Right: Cold cuts and vegetables topped with a zingy olive and caper vinaigrette is our Muffuletta Salad—inspired by the famous New Orleans sandwich





Add a touch of Hawaii with the original Teriyaki.

KIKKOMAN DISCOVERED THE
WONDERFUL TASTE OF TERIYAKI IN HAWAII
A LONG TIME AGO. TODAY, YOU CAN ENJOY
THAT SAME AUTHENTIC ISLAND TASTE.
TRY IT ON POULTRY, SEAFOOD,



PORK, BEEF OR VEGETABLES.
ALL YEAR ROUND. OUTDOOR GRILLED OR
OVEN-BAKED. BRUSH ON BASTE & GLAZE OR
POUR ON MARINADE. KIKKOMAN.
THE ORIGINAL TERIYAKI.

I K K O M A N

BRING THE GREAT TASTE OF HIDDEN VALLEY RANCH. OUT IN THE OPEN.

Combine our great taste with the great outdoors, and you'll have a picnic to remember. Because fresh, homemade Hidden Valley Ranch

Salad Dressing brings out something special in your favorite summer ingredients.

So try these award-winning recipes.

And for more great recipes, send your name, address and 50¢ to:

HVR Cookbook Offer
P.O. Box 7395, Clinton, IA 52736



HIDDEN VALLEY RANCH STYLE FAJITAS

2 lbs. flank or skirt steak
½ cup vegetable oil ½ cup lime juice
2 pkgs. Hidden Valley Ranch® Milk Recipe
Original Ranch® Salad Dressing Mix
1 tsp. ground cumin
½ tsp. black pepper
6 flour tortillas, warmed

Toppings: guacamole, sour cream, picante sauce

Pierce steak all over with fork. Combine oil, lime juice, Hidden Valley Ranch Mix, cumin and pepper; pour over steak. Cover & refrigerate overnight. Grill or broil steak, using marinade to baste. Slice diagonally across grain into thin slices.

Roll in tortillas; serve with toppings.
Serves 6.



HIDDEN VALLEY RANCH FIESTA SALAD TOSS

4 cups lettuce, shredded
1½ cups jicama or cucumber, peeled & cut in strips
1 cup tomato wedges
One 4 oz. can sliced green or red chilies
1½ cups cheddar cheese, cubed 2 cups sour cream
1 pkg. Hidden Valley Ranch® Milk Recipe
Original Ranch® Salad Dressing Mix
1 Tbs. lime juice 1 tsp. chili powder 1 Tbs. taco sauce
1 avocado, sliced
2 cups tortilla chips, half coarsely crushed

Line salad bowl with the lettuce, fill center with jicama, tomato, chilies and cheese; chill. Whisk together Hidden Valley Ranch Mix, sour cream, lime juice, chili powder and taco sauce; chill. Just before serving, toss salad with crushed chips and 1 cup or more of dressing. Garnish with avocado and whole chips. Serves 4-6.





HIDDEN VALLEY RANCH CRUNCHY GREEN PEA SALAD

10 oz. fresh or frozen peas
1 cup sliced celery
1 cup chopped fresh cauliflower flowerettes
 $\frac{1}{4}$ cup diced green onion
2 Tbs. sliced pimento
1 cup roasted cashews, macadamia nuts
or sunflower seeds
 $\frac{1}{4}$ cup crisp-cooked crumbled bacon
 $\frac{1}{2}$ cup sour cream
1 cup prepared Hidden Valley Ranch®
Milk Recipe Original Ranch® Salad Dressing
 $\frac{1}{2}$ tsp. Dijon style mustard 1 sm. clove garlic, minced

Rinse peas in hot water (steam, if fresh); drain.
Combine vegetables, nuts and bacon with sour
cream. Mix prepared dressing, mustard
and garlic together; pour over salad.
Toss gently; chill. Serves 4.



HIDDEN VALLEY RANCH HERB CHEESE

16 oz. cream cheese,
softened
4 oz. butter, softened
1 pkg. Hidden Valley Ranch®
Milk Recipe Original Ranch®
Salad Dressing Mix
1 Tbs. Dijon-style mustard
1 tsp. garlic, minced

Use electric mixer to blend all ingredients. Spoon
into serving bowl, cover and refrigerate
overnight (or up to 4 days). Remove
30 minutes before serving.
Serves 8.

Hot Tomato

Mozzarella
makes it magnificent

**DON'T
FORGET
THE
CHEESE**

America's Dairy Farm
National Dairy Board

■ NO-COOK SUPPERS

continued from page 142

○ Easy

● Challenging

● Moderate

(M) Microwave

TURKEY-MELON SALAD WITH CURRY DRESSING

pictured on page 140

Also try this cool salad with smoked turkey breast.

Total prep time: 25 minutes ○

Dressing

- 1 cup plain low-fat yogurt
- ¼ cup mayonnaise
- 1½ teaspoons curry powder
- 1 teaspoon sugar
- Pinch salt

- 1 large head Boston lettuce
- 1 small head radicchio
- ½ bunch watercress, trimmed
- 1½ pounds cooked, sliced turkey breast
- ½ pound red seedless grapes
- 1 cantaloupe, sliced
- 1 honeydew, sliced
- Strawberries, for garnish
- ¼ cup slivered almonds (optional)

Dressing: In small bowl combine all ingredients; set aside.

Line a large platter with lettuce

leaves, radicchio and watercress. Arrange turkey, grapes and melon on top. Garnish with strawberries and sprinkle with almonds. Serve with dressing. Makes 6 servings.

Nutritional information per serving: Without strawberries or almonds, 430 calories, 14 gm fat, 39 gm protein, 41 gm carbohydrates, 217 mg sodium, 95 mg cholesterol.

ITALIAN-STYLE TUNA SALAD

pictured on page 141

The fresh basil in the dressing makes this salad extraordinary.

Total prep time: 30 minutes ○

Dressing

- 3 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ cup extra-virgin olive oil
- ⅓ cup shredded basil

- Romaine lettuce leaves
- 2 cans (19 oz. each) cannellini beans, drained and rinsed
- 2 tablespoons chopped green onions
- 2 cans (7 oz. each) tuna in water, drained and flaked
- 1 cup julienned yellow squash

- 1 cup julienned zucchini
- 1 cup sliced mushrooms
- 2 tomatoes, sliced
- ½ cup sliced roasted red peppers
- Basil leaves, for garnish

Dressing: In small bowl whisk vinegar, mustard, garlic, salt and pepper. Slowly whisk in oil. Stir in basil.

Line a large platter with lettuce leaves. In medium bowl toss beans and onions with ½ cup dressing; spoon on one side of platter. In same bowl toss tuna with 2 teaspoons dressing. Repeat with yellow squash, zucchini, mushrooms, tomatoes and red peppers, tossing each with 2 teaspoons dressing. Arrange separately around platter. Garnish with basil leaves. Makes 4 servings.

Nutritional information per serving: 635 calories, 41 gm fat, 41 gm protein, 51 gm carbohydrates, 1,601 mg sodium, 36 mg cholesterol.

MUFFULETTA SALAD

pictured on page 142

Think of this as a chef's salad with New Orleans flavor.

Total prep time: 30 minutes

Dressing

- ⅓ cup chopped red pepper
- 3 tablespoons red wine vinegar

2 tablespoons chopped parsley
 2 tablespoons minced ripe olives
 2 tablespoons minced salad olives
 1 teaspoon capers, drained
 2 teaspoon horseradish
 2 teaspoon basil
 2 teaspoon oregano
 2 cup olive oil

head red-leaf lettuce, torn
 cups cauliflower florets
 tomato, cut into wedges
 ounces Muenster cheese and
 4 ounces provolone cheese,
 julienned
 ounces ham, julienned
 ounces olive loaf, julienned
 ounces Genoa salami, julienned

Dressing: Combine first 9 ingredients. Whisk in oil.

Line a large platter with lettuce leaves. Arrange cauliflower, tomato, cheeses and meats on top. Drizzle with dressing. Makes 6 servings.

Nutritional information per serving: 480 calories, 41 gm fat, 21 gm protein, 7 gm carbohydrates, 1,300 mg sodium, 66 mg cholesterol.

AZTEC SALAD

pictured on page 142

For a spicier dressing, use hot salsa and small chopped jalapeño chilies.

Total prep time: 25 minutes

Dressing

$\frac{3}{4}$ cup prepared medium-hot salsa
 2 tablespoons salad oil
 4 teaspoons chopped fresh cilantro
 2 teaspoons lemon juice
 $\frac{3}{4}$ teaspoon chili powder

$\frac{1}{2}$ head iceberg lettuce, shredded
 $\frac{1}{2}$ pound cooked rare roast beef, julienned

1 can (15 $\frac{1}{4}$ oz.) red kidney beans, drained and rinsed
 $\frac{1}{2}$ cup whole-kernel corn
 1 cup grated Cheddar cheese
 $\frac{1}{2}$ cup diced green pepper
 $\frac{1}{4}$ cup sliced ripe olives
 $\frac{1}{4}$ cup chopped red onion
 2 tomatoes, chopped
 1 red and 1 yellow sweet whole pepper, seeded, for garnish
 Sour cream
 Tortilla chips

Dressing: In small bowl combine all ingredients.

Arrange lettuce on a serving plate with beef in center. In bowl combine beans and corn. Arrange on plate with remaining ingredients except whole peppers, sour cream and tortilla chips. Pour dressing into one of the peppers and spoon sour cream into the other.

Serve with dressing and sour cream. Makes 4 servings.

Nutritional information per serving: Without chips or sour cream, 480 calories, 28 gm fat, 30 gm protein, 30 gm carbohydrates, 938 mg sodium, 77 mg cholesterol.

ZUCCHINI FETTUCCINE WITH TOMATOES

You're going to have to use your noodle to find these noodles. Zucchini, sliced very thin, is our no-cook substitute for pasta.

Total prep time: 30 minutes

2 pounds zucchini
 1 $\frac{1}{2}$ cups seeded, diced tomatoes
 8 ounces mozzarella cheese, diced
 1 bunch arugula, torn
 $\frac{1}{3}$ cup julienned basil
 $\frac{1}{4}$ cup sliced green onion
 3 tablespoons grated Parmesan cheese
 2 tablespoons balsamic vinegar
 2 tablespoons extra-virgin olive oil
 1 teaspoon minced garlic
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper

With a vegetable peeler cut zucchini lengthwise into thin strips, discarding core. In bowl toss zucchini strips with remaining ingredients. Makes 4 servings.

Nutritional information per serving: 295 calories, 21 gm fat, 17 gm protein, 13 gm carbohydrates, 447 mg sodium, 47 mg cholesterol. *(continued)*

Hot Diggity Dog!

A little cheddar makes everything better.

DON'T FORGET THE CHEESE



**America's Dairy Farmers
 National Dairy Board**

■ NO-COOK SUPPERS

continued

HAM WITH CARROT-APPLE SLAW

The sweet-tart flavor of the slaw is a nice contrast to the ham's saltiness.

Total prep time: 20 minutes ○

Dressing

- 1/3 cup salad oil
- 1/3 cup fresh lime juice
- 1/4 cup honey
- 1 tablespoon poppy seed
- 1 tablespoon minced shallots
- 1/4 teaspoon freshly ground pepper

- 1 package (10 oz.) fresh spinach, trimmed
- 1 cooked ham (about 2 lbs.), sliced
- 2 cups grated carrots
- 2 cups grated Red Delicious apples
- 1/4 cup pecan halves

Dressing: In jar with tight-fitting lid combine all ingredients; set aside.

Line a large platter with spinach. Arrange ham on top. In large bowl toss carrots and apples with 1/3 cup dressing; spoon around ham. Sprinkle slaw with pecans. Serve remaining dressing on the side. Makes 6 servings.

Nutritional information per serving: 525 calories, 36 gm fat, 28 gm protein, 25 gm carbohydrates, 1,918 mg sodium, 59 mg cholesterol.

■ NO-COOK CHICKEN STIR-FRY

Look for precooked chicken at the meat counter or roasted chicken in the deli.

Total prep time: 20 minutes ○

Dressing

- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon Oriental sesame oil
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- 1/4 teaspoon red pepper flakes

- 1 1/2 cups broccoli florets
- 1 cup bean sprouts
- 1 cup snow peas, cut in half
- 1 cup sliced mushrooms
- 1/2 cup sliced celery
- 1/4 cup diced red pepper
- 1/4 cup sliced bamboo shoots
- 1/4 cup sliced water chestnuts
- 2 tablespoons sliced green onions
- 4 cooked chicken breast halves (about 1 1/4 lbs. total)

Dipping Sauce

- 1/4 cup orange marmalade
- 1 1/2 teaspoons soy sauce
- 1 teaspoon horseradish

Dressing: In jar with tight-fitting lid combine all ingredients.

In large bowl combine vegetable. Toss with dressing. Divide vegetable and chicken breasts evenly among plates. Serve with Dipping Sauce. Makes 4 servings.

Dipping Sauce: In small bowl combine all ingredients.

Nutritional information per serving: 380 calories, gm fat, 49 gm protein, 27 gm carbohydrates, 741 sodium, 121 mg cholesterol.

Recipes developed by Kathy Jackette.

Journal Shopping Center

COVER

Turtle, Patrick Kelly; jacket, Anne Klein.
BEAUTY AND FASHION JOURNAL
Page 27: Top photo. Shirt, Adrienne Vittadini. Middle photo. Jacket, Jones of New York; headband, Debra Moises; earrings, Kenneth Jay Lane. Bottom photo. Jacket and blouse, Jones of New York; scarf, Echo; earrings, M. J. Savitt.
Page 30: Blouse and skirt, Anne Klein II; earrings, Yamada at Tokyo; totes, La Baggagerie; sunglasses, Morgenthal-Frederics Opticians, NYC.
Page 32: Linen jacket and dress, Basco; attaché, La Baggagerie; sunglasses, Morgenthal-Frederics Opticians, NYC.
NEW ORLEANS HOUSE TOUR
Pages 130-131: Garmer Press, 7800 Sandy Cove Drive, New Orleans, LA 70128; Heritage Tours Inc., 732 Frenchmen, New Orleans, LA 70116, 504-949-9805; cut flowers, Magazine Flowers, 5501 Magazine Street, New Orleans, LA 70115, 504-891-4356; plants, The Greenery, 5434 Magazine Street, New Orleans, LA 70115, 504-897-6682; all early Louisiana Creole furniture, Patout Antiques, 512 rue St. Philip, New Orleans, LA 70116, 504-522-0582; rug, Caucasian Shervan ca. 1850, chair, faux bamboo English Regency ca. 1820, pillows, antique French needlepoint, Charles Cooper Antiques, 834 Chartres Street, New Orleans, LA, 70116, 504-523-4718; Windsor Court Hotel, 300 Gravier Street, New Orleans, LA 70130-1035, 504-523-6000 or 800-262-2662; Royal Orleans, 621 St. Louis Street, New Orleans, LA 70141, 504-529-5333.
Page 132-133: Rivet Interiors, 236 Metairie Rd., Metairie, LA 70005, 504-835-4431.
Page 134-135: Holden & Dupuy Interior Design, 1101 First Street, New Orleans, LA 70130, 504-524-6327.
BILLION DOLLAR BEAUTIES
Page 137: Jacket, Andre Van Pier; turtle, Cashmere/Cashmere.

Hillshire Farm makes your cookout stand out.

This summer, nothing beats the taste of Hillshire Farm. The rich, dark color tells you it has all the flavor that comes from slow smoking over four different hardwoods. A flavor that makes people say Hillshire Farm is America's best-tasting Smoked Sausage and Polska Kielbasa.

Grill some up today and make your outdoor cooking outstanding.

Spicy Sausage Kebabs

Hillshire Farm Smoked Sausage or Polska Kielbasa, cut into 2-inch pieces.

Assorted fresh vegetables such as green pepper, corn on the cob (parboiled), zucchini.

Assemble skewers by alternating sausage with the vegetables. Grill or broil 4 minutes each side. If desired, baste frequently with sauce.

Basting Sauce (optional)

Combine in a small bowl:

- 1/3 cup honey
- 1/4 cup spicy brown mustard
- 1/4 cup vegetable oil
- 1 tbs. soy sauce
- 2 garlic cloves, minced
- 1 tsp. ground ginger



Taste why we're #1.



© Hillshire Farm

GRILLED VEGETABLES

continued from page 125

○ Easy ● Challenging
● Moderate (M) Microwave

GRILLED VEGETABLE KABOBS WITH TARRAGON

pictured on page 125

cooking the potatoes in the microwave guarantees speedy, even grilling of the other vegetables.

Prep time: 20 minutes ○
Cooking time: About 10 minutes (M)

1 cup melted butter or margarine
2 tablespoons chopped fresh tarragon
1 tablespoon fresh lemon juice
1 teaspoon minced garlic
1 teaspoon salt
1 teaspoon freshly ground pepper
6 small new potatoes
2 tablespoons water
6 medium mushrooms
6 cherry tomatoes

Prepare grill. In small bowl combine butter or margarine, tarragon, lemon juice, garlic, salt and pepper; set aside. In 1½-quart microwaveproof dish combine potatoes and water. Cover with plastic wrap, turning back one corner to vent. Microwave on High 6 minutes, until potatoes are just tender. Stand covered 3 minutes.

On each of 6 skewers thread 2 potatoes alternately with 3 mushrooms and 3 tomatoes, beginning and ending with mushrooms. Lightly brush kabobs with 2 tablespoons tarragon butter.

Grill kabobs, rotating skewers until vegetables are evenly browned, about 10 minutes per side. Transfer kabobs to serving platter. Drizzle on remaining tarragon butter. Makes 6 servings.

Nutritional information per serving: 165 calories, 12 gm fat, 3.5 gm protein, 21 gm carbohydrates, 271 mg sodium, 21 mg cholesterol.

GRILLED CORN WITH HERB BUTTERS

pictured on pages 124-125

Shuck the corn, still in husks, on the grill, slather on one of our herb butters and settle in for some good summer-eating.

Prep time: 30 minutes plus soaking
Cooking time: 20 minutes ○

Shuck husks of 6 ears of corn down to 1 inch from each ear without detaching; remove silk. Replace husks and secure with twine. Soak ears in a generous amount of cold water at least 30 minutes before grilling.

Prepare grill. Drain corn. Grill 2 ears from heat 20 minutes, turning every 5 minutes, until tender. Remove husks, and serve with your choice of

A.I. makes stuffed peppers taste even peppier.



A.I.® Savory Stuffed Peppers

1 pound ground beef	1 (8 oz.) can Del Monte tomato sauce
1/4 cup chopped onion	1 cup cooked rice
1 (12 oz.) can Del Monte whole kernel vacuum packed golden sweet corn, drained	1/4 cup A.I. Steak Sauce
	1/4 tsp. ground black pepper
	6 large green peppers

In skillet, over medium heat, brown meat and cook onion until done; pour off drippings. Stir in corn, tomato sauce, rice, steak sauce and pepper; set aside.

Cut tops off peppers; remove seeds. Spoon meat mixture into peppers; arrange in 9 x 9 x 2-inch baking pan. Bake at 350°F for 30 to 35 minutes or until peppers are done. Makes 6 servings.

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herb butters (recipes follow). Makes 6 servings.

Nutritional information per serving: 75 calories, 1 gm fat, 3 gm protein, 17 gm carbohydrates, 14 mg sodium, 0 mg cholesterol.

HERB BUTTERS In small bowl combine ½ cup softened butter or margarine with seasonings for any of the following flavors; mix until well blended. Makes ½ cup.

Nutritional information per tablespoon: For all except Walnut-Parsley, 100 calories, 11.5 gm fat, 0 gm protein, 0 gm carbohydrates, 31 mg cholesterol.

Green Chili: ¼ cup chopped fresh cilantro, 3 tablespoons chopped canned

green chilies, drained, ¼ teaspoon each salt and freshly ground pepper. 204 mg sodium.

Chive: 2 tablespoons chopped fresh chives or green onions, ½ teaspoon salt and ⅛ teaspoon freshly ground pepper. 254 mg sodium.

Lemon-Dill: 2 tablespoons chopped fresh dill, 1 teaspoon grated lemon peel, ½ teaspoon freshly ground pepper, ¼ teaspoon salt. 185 mg sodium.

Basil-Garlic: 2 tablespoons chopped fresh basil, ½ teaspoon minced garlic, ¼ teaspoon each salt and freshly ground pepper. 185 mg sodium.

Walnut-Parsley: ¼ cup minced toasted walnuts, 1 tablespoon (continued)

■ GRILLED VEGETABLES

continued

chopped parsley, ¼ teaspoon each salt and freshly ground pepper.

125 calories, 14 gm fat, 1 gm protein, 1 gm carbohydrates, 185 mg sodium, 31 mg cholesterol.

GRILLED RED PEPPER AND YELLOW SQUASH WITH CUMIN DRESSING

pictured on page 124

Cumin adds an unusual twist.

Prep time: 10 minutes

Grilling time: 25 minutes

Dressing

- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 green onions, chopped
- 1 teaspoon cumin
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

1½ pounds small yellow squash, cut into 2x½-inch pieces

- ¾ teaspoon salt
- 1 teaspoon olive oil
- 3 large red peppers

Dressing: In large bowl combine all ingredients; set aside.

In large colander toss squash pieces with salt; drain 15 minutes. Pat squash dry with paper towels; toss with olive oil.

Prepare grill. Grill peppers directly on hot coals 20 minutes, turning every 5 minutes, until evenly charred. Cover and cool slightly; peel off skin. Halve peppers; discard membrane and seeds. Cut into strips and toss with dressing.

Grill squash 2 minutes per side. Immediately toss with peppers and dressing. Serve warm or at room temperature. Makes 6 servings.

Nutritional information per serving: 105 calories, 8 gm fat, 2 gm protein, 8 gm carbohydrates, 233 mg sodium, 0 mg cholesterol.

ACORN SQUASH RINGS WITH ORANGE BUTTER

Make fall squash a summer treat by throwing it on the grill. For added zest, toss with a tasty orange butter.

Prep time: 25 minutes

Grilling time: About 10 minutes

- ½ teaspoon cardamom
- ¼ teaspoon freshly ground pepper
- Salt

2 acorn squash (1½ lbs. each), cut in half crosswise and seeded

Orange Butter

- ½ cup butter or margarine, softened

- 1 tablespoon chopped parsley
- 1 teaspoon grated orange peel

Prepare grill. In cup combine cardamom, pepper and a pinch salt; set aside.

In 13x9-inch microwaveproof dish arrange squash halves cut side down. Cover with plastic wrap, turning back one section to vent. Microwave on High 8 to 9 minutes, rotating dish halfway through. Let stand covered 3 minutes. Cut squash into ½-inch-thick rings; sprinkle with spice mixture.

Grill squash rings until evenly browned, about 5 minutes per side. Season with salt if desired. Serve immediately with Orange Butter. Makes 6 servings.

Orange Butter: In small bowl combine all ingredients until well blended.

Nutritional information per serving: 160 calories, 10 gm fat, 1.5 gm protein, 18 gm carbohydrates, 130 mg sodium, 27 mg cholesterol.

WARM THREE-ONION SALAD

This assertive side dish goes well with grilled tuna, swordfish or London broil. The onions are microwaved first for even cooking.

Prep time: 20 minutes

Grilling time: 15 minutes

Dressing

- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 can (2 oz.) flat anchovies, drained and chopped
- ¼ cup chopped parsley
- 2 teaspoons chopped fresh thyme
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

1 large sweet yellow onion (1 lb.), peeled and halved

4 medium red onions (1 lb.), peeled and halved

2 large leeks (1 lb.), cut into 8-inch pieces and halved

- ½ cup water
- ½ teaspoon salt

Dressing: In large bowl combine all ingredients; set aside.

Prepare grill. Place yellow and red onions and leeks cut side down in a 13x9-inch microwaveproof dish. Add water and salt. Cover with plastic wrap, turning back one corner to vent. Microwave on High 4 minutes; transfer leeks to a plate. Microwave remaining onions covered 6 minutes more. All onions should be tender.

Grill yellow and red onions until evenly browned, 15 minutes, turning halfway through. Grill leeks until lightly browned, about 5 minutes per side. Cut onions and leeks into 1-inch pieces and toss with dressing. Serve warm or at room temperature. Makes 6 servings.

Nutritional information per serving: 170 calories, 8 gm fat, 5 gm protein, 21 gm carbohydrates, 7 mg sodium, 4 mg cholesterol.

GRILLED CAJUN POTATO SLICES

Serve these spicy potatoes with grilled chicken or shrimp.

Prep time: 10 minutes

Grilling time: 10 minutes

4 large baking potatoes, cut into ½-inch-thick slices

- ⅓ cup melted butter or margarine
- ½ teaspoon minced garlic
- ½ teaspoon salt, or to taste
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- ¼ teaspoon oregano
- ¼ teaspoon paprika
- 2 tablespoons chopped parsley

Prepare grill. In 13x9-inch microwaveproof dish combine all ingredients except parsley. Cover with plastic wrap, turning back one corner to vent. Microwave on High 6 to 8 minutes, rotating halfway through, until potatoes are just tender. Let stand covered 5 minutes.

Transfer potato slices to grill, brushing with butter mixture in microwaveproof dish. Grill potatoes until golden, 5 minutes per side. Immediately brush with butter mixture and parsley. Makes 6 servings.

Nutritional information per serving: 205 calories, 10 gm fat, 3 gm protein, 25 gm carbohydrates, 7 mg sodium, 27 mg cholesterol.

(continued on page 1)

GRILLING TIPS FOR VEGETABLES

■ Start with a clean grill. Vegetables absorb other flavors easily. You don't want last week's London broil to flavor this evening's sweet pepper.

■ To light the fire we suggest using electric starter or a cone-shaped cylinder. Liquid starters are not recommended—the drips can pick up the residue.

■ Vegetables cook very quickly on a grill—so keep an eye on them. Don't cover vegetables over coals that are too hot. In just one minute, eggplant can be burnt outside but still raw inside.

■ If you don't have room on your grill to cook meat and vegetables at once, grill the meat first and keep it warm. Clean the grill with a steel brush, then add the vegetables.

■ Use vegetables large enough not to fall into the coals—no string beans, please. Cut large vegetables in usable shapes. For example, cut zucchini lengthwise rather than crosswise for grilling.

■ Vegetables pick up seasoning flavors best while they're hot. Baste during cooking, and toss with marinade immediately after taking them off the grill.

GRILLED VEGETABLES

continued from page 150

GRILLED EGGPLANT AND GREEN ONIONS WITH SOY-GINGER DRESSING

Chinese-style dish the L&H food department is wild about! We like it with ribs.

Cooking time: 15 minutes plus standing
Total time: 20 minutes

Dressing

2 tablespoons salad oil
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon chopped parsley
1 teaspoon minced fresh ginger
1 teaspoon Oriental sesame oil
1 teaspoon minced garlic
1 teaspoon freshly ground pepper

1 medium eggplant (2 lbs.), sliced crosswise
1/2 inch thick
1 teaspoon salt
2 tablespoons salad oil
2 green onions, cut into
6-inch pieces
1 teaspoon sesame seed, toasted

Directions: In large bowl combine all ingredients; set aside. In large colander toss eggplant with salt; drain 30 minutes. Rinse and pat dry with paper towels. Brush lightly with oil. Prepare grill. Grill eggplant until golden brown and tender, about 5 minutes per side. Immediately toss with dressing. Grill green onions until lightly charred, 1 to 2 minutes per side. Toss with eggplant. Sprinkle with sesame seed. Serve at room temperature. Makes 8 servings.

Nutritional information per serving: 135 calories, 11 gm fat, 2 gm protein, 9 gm carbohydrates, 538 mg sodium, 0 mg cholesterol.

GRILLED YELLOW PEPPERS AND ZUCCHINI WITH MINT

Attractive accompaniment to grilled leg of lamb.

Cooking time: 30 minutes
Total time: 30 minutes

1/4 cup olive oil, divided
2 tablespoons red wine vinegar
2 tablespoons chopped mint
1 teaspoon minced garlic
1 teaspoon freshly ground pepper
2 yellow peppers
1 medium zucchini (1 1/2 lbs.), sliced lengthwise
1/4 inch thick
1 teaspoon salt

Directions: In large bowl combine 3 tablespoons oil, vinegar, mint, garlic and pepper; set aside. Prepare grill. Place peppers directly on hot coals 20 minutes, turning every 5 minutes, until evenly charred. Rinse and cool slightly; peel off skin. Halve peppers; discard membrane and seeds. Cut into strips and toss well with dressing. Meanwhile, in large colander toss zucchini with salt; drain 15 minutes. Pat dry with paper towels. Toss with remaining 1 tablespoon oil and grill 2 minutes per side. Immediately toss with peppers and dressing. Serve at room temperature. Makes 8 servings.

Nutritional information per serving: 85 calories, 7 gm fat, 1 gm protein, 5 gm carbohydrates, 279 mg sodium, 0 mg cholesterol.

Recipes developed by Carol Prager.

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INSIDE THE JOURNAL KITCHEN

getting the
most from
this month's
recipes



For 105 years, *Ladies' Home Journal* has been dedicated to providing first-rate recipes as well as up-to-the-minute information on food trends that reflect our changing lifestyles. To ensure that our recipes meet the highest standards for flavor, nutrition, appearance and reliability, we test them a minimum of three times in our own kitchen. That makes for quality you can count on.

good woods to grill with

This barbecue season, why not toss some aromatic wood chips over your coals? The many varieties available give a great new taste to meats, fish and poultry as well as our grilled veggies on page 124. (Before using chips, soak them in water one hour.) Keep in mind that not every wood goes well with every type of food—flavors range from delicate to pungent. Below, our mix-and-match guide to grilling.

Alder Mild tasting; perfect for salmon, swordfish and pork.

Fruit (apple, cherry, peach) Excellent with all golden meats and poultry (veal, pork, turkey, chicken, goose or game birds) but too strong for most fish. Fruit woods do, however, work well with shellfish.

Hickory and maple Traditionally used to flavor Southern-style ham and pork. A strong, pungent aroma that suits beef and poultry as well but is too strong for fish.

Mesquite Best with dark, richly flavored meats such as duck or lamb. Fish steaks take on new dimension as well, but go light with the chips.

Oak Delicious with ham, large cuts of beef, and game.

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know your MICROWAVE

Our microwave recipes were tested in 650- and 700-watt ovens. For the best results, it helps to know the wattage of your oven. If the manual doesn't tell you, use this test: Bring 1 cup tap water to a boil in a 1-cup glass measure. It will take 2½ to 3 minutes in a 600- to 700-watt oven, 4 minutes in a 500- to 600-watt oven. Since your oven may take more or less time to cook than ours do, always check food after the minimum time stated and adjust as necessary for desired results.

degree of difficulty We've designed symbols to help you determine the ease of preparation for each recipe.

- Easy
- ◐ Moderate
- Challenging
- Ⓜ Microwave

BONUS nutrition addition

Starting this month, we're providing extra nutritional info for you on our food pages. In addition to calorie counts, we now include cholesterol, fat, protein, sodium and carbohydrate content for all our recipes.

recipe index

Here is a listing of recipes appearing in this issue, including those from the *Journal Kitchen* and advertisements. (*Includes microwave instructions)

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Why do "you-know-whose" legs look so smooth?



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For answer turn to page 160

■ **ROSEMARY McGROTHA**
continued from page 139

how her story worked out.

Shortly after high school graduation, she was visiting a friend in Atlanta. The friend's sister took one look at the five-foot, nine-inch, violet-blue-eyed "goof" and suggested she run, walk to the nearest professional photographer. She did, and when the pictures were developed, so was her choice of career.

Nine years later, having graced "about three or four hundred" magazine covers, Rosemary sits musing her life in the New York City apartment she shares with her husband, Stephane Gerbier, a French music producer. "I try not to take myself too seriously," she says in her soft Southern lilt. "You can't start believing you really look like all those pictures!"

The glitzy, high-fashion photographs present an image—and Rosemary's primary one is the modern, contemporary working woman for designer Donna Karan and the Clarion cosmetic line. Yet on other jobs, her image may be girl-next-door, fresh and charming. Or it may be what she calls "the Rita Hayworth fantasy starlet number" as she poses in satin pajamas.

But eventually, Rosemary wants to get into another business. "Unless you're really narcissistic and can't get enough of seeing pictures of yourself, this is not what I'd call the most challenging career," she says candidly.

The downside of beauty

She quickly admits that the money is terrific—usually as much as \$600 an hour; a special print job might bring \$3,000 for three hours' work. Photo shoots take place all over the world and there are fascinating people to meet. But the perks have a price.

"It's very difficult to live by your face," says Rosemary. "You're always under scrutiny, and it makes you feel very vulnerable. If you're rejected by your face or body, it's so *personal*."

"This is also a killing competition business," she adds. "You hear other models speaking negatively about you, whispering that you look old."

And boredom can be an occupational hazard. During a photo session, a model can wait two hours until a photographer feels the light is exactly right and the clothes presser, the hairstylist and the makeup artist are finished.

"They don't even like it when you read to kill time," she says. "You're supposed to be thinking about projecting the image the client needs."

And she's a star at projecting, which is one of the reasons she's a star!

JERRY HALL

Continued from page 139

ents, her twin sister, Terry, and the other sisters in a small pink house where all of them were often seen by Jerry's father. His job as a truck driver hauling explosive chemicals had left him burned by acid, frustrated and volatile. Yet Jerry's mother maintained a romantic at heart.

Jerry recalls, "My dad would come home acting like a maniac, but my mother always treated him like the king of the house. I guess that's the way I got Mick. I truly believe that in a relationship you should never get your hands dirty by bullying or crying or being unsentimental. Charm's the only way to go." Jerry dreamed of leaving Mesquite but didn't know how she'd ever pull it off. Then one night, she was in an automobile accident, and a doctor at the hospital gave her a shot of penicillin. She was allergic to it and began to convulse. The hospital tried to make her comfortable by giving her eight hundred dollars. It was her ticket out of town.

The great escape

Jerry's mother hid the money from her father, and secretly she and her daughter planned Jerry's escape. They

stayed up nights to sew creations copied from the Frederick's of Hollywood catalog, which they considered the epitome of glamour. Folding her flashy chiffons into a knapsack, sixteen-year-old Jerry—already five-foot-eleven and stunning—made her way to Paris. There she met world-famous photographer Helmut Newton, and it wasn't long before she was on the city's fashion runways, modeling the latest couture confections.

In Paris, Jerry began a long romance with rock star Bryan Ferry, but she ultimately chose Mick. Her live-in lover for eleven years, Mick is the father of her children, four-year-old Elizabeth Scarlett and two-year-old James. Jerry expects Mick to be her partner for life, if not her husband.

"It's my mother who's most upset about our not being married," Jerry confesses. "I don't care so much, although I must admit I do think it would be good for the children. But Mick has a problem with it because of the terrible experience from his first marriage. Anyway, I *feel* married."

Jerry is warm and open, and not one of those who see modeling as a friendless business. As Christie Brinkley recalls, "When I was pregnant, I got a phone call from Jerry, who I hardly knew, offering to lend me her materni-

ty clothes. When I went to her home, I saw a closet filled with gorgeous dresses by Yves St. Laurent. I never dreamed that he did maternity wear!"

"Well, he doesn't, really," Jerry explains. "But he was kind enough to make some especially for me . . . and why shouldn't I share such treasures?"

Jerry also genuinely loves her work and says she never finds it boring. "I constantly find modeling a true challenge. I love to think how I can best show off the clothes, how I can help create a graphic design across the page," she says. "And I've begun a new swimsuit line of my own. It's very glamorous—maybe even swan feathers, would you believe!"

Jerry often negotiates her own modeling contracts, charging from \$6,000 to \$150,000 a job, depending on the hours and promotion involved. When those hours are added up, she earns at least an estimated \$2 million a year, and that figure is nearly doubled when her European work is included.

"I have a wonderful life," Jerry says. She feels the most important thing she's done so far was having babies; the one thing she wishes she had done was attend college.

"I would have liked to be a college girl," Jerry says, almost wistfully. "I would have liked that a lot."

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■ PAULINA

continued from page 138

near Paulina's home so she could smuggle her daughter out. The daring plan didn't work. Paulina's mother, then six months pregnant, was briefly jailed, then placed under house arrest at the grandparents' home for the next three years.

When Paulina was ten, life changed dramatically again. A member of Sweden's Parliament refused to make a scheduled diplomatic visit to Czechoslovakia unless Paulina, her mother and little brother were allowed to emigrate to Sweden. At last, they were.

"Then came the sad, terrible years," Paulina says candidly. "Practically at the same time we arrived, my father left my mother for another woman. My mother began studying to be a doctor, and we were very poor, and I was forced to grow up overnight. I didn't know the language, my mother was a nervous wreck, I had to cook and clean the house, and drag my three-year-old brother everywhere I went. If the dishes weren't done when my mother came home at nine at night, I'd get beaten. My mom and I began to hate each other. I was so unhappy."

But as she was growing up, she was also growing beautiful—with sculptured features and a sensual look. A friend took some pictures of fifteen-year-old, five-foot-ten Paulina and showed them to John Casablancas, owner of the New York-based Elite modeling agency. After weeks of entreaties, Paulina finally persuaded her mother to let her go to Elite's Paris branch to try for a modeling career. She succeeded so well she's been called the model of the decade.

An exclusive new image

Paulina has earned from five thousand to fifteen thousand dollars a day for modeling jobs and recently scored a major coup when she was named the new "face" of Estée Lauder, with an exclusive contract for a reported \$6 million a year. The Estée Lauder image has traditionally been represented by only one model, and as Phyllis Melhado, a Lauder vice-president, observed, "We chose Paulina because she's a great international beauty who has appeal on many levels—looks, intelligence, enthusiasm and independence."

That's a good thing, because Paulina is certainly her own woman. "I wouldn't model for Estée Lauder unless I really used the products and thought they were great," she says. "Frankly, I think it's obnoxious to hear Cybill Shepherd pushing beef when

she says she's a vegetarian!"

Paulina is also a Renaissance woman; she speaks six languages, writes, paints and is an accomplished pianist. "The first thing I did when I moved to Paris was to get a cat and borrow a piano, and then I was home," she recalls. "That's all I ever need—a cat and a piano. I don't need cups, I don't need a bed, I don't need a couch. When I came to New York three years ago, I got Mephisto, my black cat, and Jezebel, my white cat, and a grand piano. I was set for life."

"Male models are about as interesting as laundromats," the never boring and very accomplished Paulina says.

Paulina credits her love of art and music and books to her father but then reveals that they are estranged. It had something to do with his jealousy of her fame and success, she says, and his feeling that she was paying too little attention to him. His daughter hopes that one day they will reconcile.

Paulina won't discuss the man in her life today, although her preferences are clear: Conventionally handsome men leave her cold. "Perfect men are boring," she says bluntly. "I like men with big noses or ears, mysterious-looking men who are funny and passionate about music or art or books. Male models are about as interesting as laundromats."

Like many models, Paulina is looking beyond her current career. She garnered rave reviews for her role in the 1987 film *Anna*, in which she played a Czech émigré named Krystyna who follows her idol to New York. She'd like to do more acting and eventually play the real-life role of a wife and mother. Whatever the goal, it's likely she'll achieve it.

"My mother gave me the best advice I ever had, but she didn't give it to me directly. I had to read it," says Paulina, who now enjoys a good relationship with her mother. "She was in Sweden and I was in America, and an interviewer asked her what advice she'd give me. She said, 'Don't ever give up, Paulina. Whatever you do, don't give up.'"

Paulina doesn't plan to. ■

■ CHRISTIE BRINKLEY

continued from page 136

Ray that when people peer into carriage as if she's part of the pu domain, it scares me. I made a mist by posing with her for a cover w she was born, because the public i thinks she's theirs.

"I also love to spend time walking the beach," Christie adds, "but I c do that now without holding in stomach; people are always snapping photos. And if I could only go to do some painting, I'd love it, everyone would be making comme on my talent with every brush strol

Christie met her superstar husb in 1983 during a photo assignment the Caribbean. He was on vacati playing the hotel piano for his frier and Christie's photographer introduced them.

"I just thought he was funny wasn't looking for any kind of involment," she says, smiling in memo "The next day we had dinner with whole group of people, but that was A few months later in New York, B called Christie. "We ended up talk for two hours—and that was *that*."

In 1985, what was called show-biz wedding of the year to place on a yacht in New York Harb

The Uptown Girl and her Piano M have lived in harmony ever since.

Beauty tips from the superbeauties

To a woman, every one of the

billion-dollar beauties sings the praises of drinking "gallons" of water every day to help their skin, using moisturizer without fail during the day and cream around their eyes at night.

Their other tips for looking good:

■ Natural blonds should spritz their hair with a spray of lemon juice, coconut oil and a drop of peroxide before sitting in the sun. Use a good moisturizing rinse afterward.

■ Don't match your eyeshadow to your eye color; it draws attention away from the eyes and to the shadow itself. Go for contrast instead.

■ Though Jerry Hall has had two babies, there's not a stretch mark on her. The secret to her stay smooth skin? Olive oil—massaged daily into the skin throughout pregnancy.

■ Alternate beauty products; using the same shampoo every day dulls the hair. Rosemary McGrotha says she interchanges Wella, Nexxus Therappe and Neutrogena shampoos.

■ Always apply makeup in natural light, near a window. Top foundation with translucent powder.

■ At night, use petroleum jelly on eyelashes to condition them. And for a dazzling smile, a wet toothbrush dipped into baking soda makes the best tooth whitener in the world!

ALL ABOUT FERGIE

continued from page 123

prestigious Guards Polo Club, of which Major Ferguson was deputy chairman, called for his resignation.

Royal faces became even redder when it was revealed that Fergie's fifty-five-year-old father had flouted convention by joining the massage club in his own name, had discussed with the prostitutes his private and public engagements, and had pompously asked one, "What does it feel like dealing with royalty?"

The titillating tale devastated the Major's second wife, Susan, an attractive forty-one-year-old blond, who is only fourteen years older than her stepdaughter Sarah. It was Susan, a mother of three, to whom Fergie was looking for support and advice on child rearing. In fact, Susan had already given Fergie some hand-me-down baby clothes. Said Fergie at the time, "It's nice having old things, and as well as giving me baby clothes, I'm hoping Susan will give me guidance." Now it looked as though Fergie might have to support and advise her stepmother.

Insiders say that Major Ferguson's philandering caused the breakup of his first marriage, when Fergie was thirteen. His reported womanizing apparently also caused problems in his second marriage. The Major and his wife were considering divorce when Andrew and Fergie began their relationship in 1985. The Fergusons tabled those plans when it was thought that divorce might jeopardize Fergie's chance of marrying Andrew.

Royalty watchers feel that the arrival of the royal baby may rescue Fergie's own reputation, which has also become a tad tarnished. The vivacious, bubbly young woman, who was initially described as a lively counterpoint to the shy, sometimes sulky Princess Diana, was being accused of being more rowdy than royal. Critics claimed that when she was good, she was very, very good, but when she was bad, she was vulgar.

High-level high jinks

Other society savants felt Fergie's high-spiritedness was fast becoming mean-spiritedness. At a recent charity ball she insisted on being given eight free tickets for her friends, ignoring the fund-raising reason for the evening. When she refused to sit with the host, and she interfered with the running of the event. Similarly, at a society dinner party she decided it would be amusing for guests to pick pats of butter up at the dining-room ceiling to see whose would stick. The hosts were forced to go along, despite the damage to the decor.

Her off-the-cuff comments and upstaging-Andrew one-liners during her U.S. trip were labeled by the British media as having the too-common touch. One conservative newspaper went so far as to castigate her "cringe-making immature antics" during the visit. Fergie's detractors also complained that she devoted more time to playing than she did to being a duchess, listing her ninety-nine days of vacation during 1987 and her three additional trips during the first three months of 1988. They particularly lambasted her lack of judgment when it was learned that many of these trips were gifts from commercial and political interests that might prejudice the royal family, who need to remain apolitical. On one occasion, a South African hotel chain paid for a trip for Fergie at a time of mounting calls in Britain for sanctions against South Africa. Since the Yorks were given \$5 million by the Queen at the time of their marriage, it was felt that the couple had more than enough money to pay for the trip themselves.

The censors also questioned Fergie's judgment when she continued to ski this year in the early stages of her pregnancy, despite the fact that miscarriages run (continued)

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■ ALL ABOUT FERGIE

continued

in her family, and she herself was to have had one last year. On the best skiing trip, in March, conditions the slopes were so dangerous that an avalanche killed Prince Charles's friend Major Hugh Lindsay and crushed the legs of a young woman at the royal party, Patti Palmer-Tomkinson. Fergie, however, had earlier pooched any suggestion that she sit the sidelines. "If it's going to happen it will," she said to a friend, referring to the chance of miscarrying. "Skiing or riding won't make any difference."

On the day of the fatal avalanche accident, Fergie, then three months pregnant, was skiing at top speed down a rocky gully when she lost control and fell into a stream at the bottom of the slope. Seething with rage, she angrily rejected an offer of clothes from Tomkinson. Instead, Fergie insisted on going back up the mountain before returning to her car to let to change.

The criticism mounted in April when Fergie failed to attend a reception for the families of men who had died in the Falklands war. The reason given was that the Duchess was a "little tired." That excuse seemed equally tired when she showed up instead the same day to watch her father play polo. To ignore war widows in favor of polo ponies was considered an act of crass insensitivity.

By the sixth month of her pregnancy, it appeared to be open season on Fergie. Her wardrobe came in for a barrage of criticism. The British edition of *W* magazine left her off its best-dressed list with a derisive "at her worst, in droopy flower-print dresses she is uncannily reminiscent of a cleaning lady." And the fact that she was photographed everywhere apparently bursting out of her clothes because she refused to don maternity wear didn't help.

But Fergie's friends were quick to defend her, claiming that the Duchess had simply been unable to find any flattering maternity outfits. London may be one of the world's fashion capitals, they said, but it has a notoriously bad selection of clothes for mothers-to-be. Sarah, they insisted, had made two trips to Balloon, London's premier maternity store, but had been unable to find anything she liked. And the fact that she had already ballooned up to one hundred seventy pounds didn't make her selection any easier.

A royal shopping spree

Fortunately, when it comes to buying baby clothes, Fergie will have no problem.

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■ ALL ABOUT FERGIE

continued

Once the baby is born, Fergie, like Diana, will use the Palace swimming pool every day in an effort to get back into shape. Throughout her pregnancy, in fact, she and Diana have met there daily at seven A.M. to swim laps together. The Princess always swims thirty laps in the Olympic-size pool; Fergie, however, struggles to complete twenty. One thing Fergie gave up once she knew she was pregnant were the sunbed sessions she enjoyed at Uvasun Center in London's Mayfair in order to have a year-round tan. She was concerned the sessions might harm her unborn baby. American skin-cancer specialists, of course, have long spoken out against such tanning clinics.

Fergie attributes her healthy glow these days to Joseph Corvo, practitioner of the so-called discipline of zone therapy. The treatment involves massaging fifteen specific nerve endings on the face, which are said to revitalize eleven areas of the body. Both Fergie and Diana are clients of Corvo, who claims his techniques improve skin, hair and general health. "As you begin to see the glow on your skin, your eyes start to sparkle and your hair becomes lustrous," gushes Corvo, who also de-

scribes the Duchess as "a long-standing friend."

Corvo also treats women for infertility problems, although he refuses to say whether Sarah ever consulted him for this purpose. The only things that prove his royal clientele are the cards on his mantelpiece signed by Diana and Charles and Sarah and Andrew. But a visitor to the Yorks' apartment might come across elements of the Joseph Corvo Youth to Age program,

"Fergie has boundless energy and is game for anything. Children just adore her."

which she bought for \$70.50. The program includes a videotape, plus a beauty cream containing vitamin E and evening primrose oil, which Fergie applies diligently every night.

Nanny on board

On Fergie's mind recently, however, was not her beauty regimen but finding a nanny for her baby. Princess Diana has been lucky with hers—only

two in five years is something record in London society, where vorite dinner-party topic is the culty of finding nannies and the s with which they depart.

Most households, including Prince Diana's, find their nannies through advertisements in *The Lady*, a general magazine. But Fergie shocked the smart set in London in March when, having done a little research, she proached a nanny who worked for a millionaire Member of Parliament, Quentin Davies, and was considered to be the best child-minder in town. Poaching is considered to be extremely poor taste, since it may deprive a mother of a helper on whom she depends and the children of someone they love. This was all the case in this instance, since Davies was expecting a second child at the time. The nanny, Joy Binaccio, went to Buckingham Palace for an interview but turned down the post. Not surprising, perhaps, because of the lure of a royal nursery is hardly ignore, the pay is paltry; Fergie offering slightly less than \$200 a week. "Some people might be flattered but not me," says Binaccio. "In most nannying jobs, you're pretty much your own boss, and what you goes. But this job with the Duchess

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would mean a lot of restrictions." and a friend of Fergie's at the time, "is genuinely worried she won't be someone in time. She wouldn't be the easiest person to work for, and she has a rather unfortunate high-strung attitude toward staff." Prince Andrew also has a reputation for a certain sort of arrogance.

Just as Fergie was beginning to panic, Alison Ward, twenty, accepted the job. The wait was worthwhile. Alison is a supernanny, whose child-care training includes self-defense techniques against muggers, kidnappers and terrorists, detection of drugs, dealing with the attention of the press—a sad comment on the times.

Fergie will also have a maternity nurse, the same one Diana had. She'll spend six weeks with the Duchess after the birth of the baby, familiarizing her with diaper changing, breast-feeding and the treatment of minor illnesses. Fergie is scheduled to visit Australia a month and a half after the baby is born, so she has to learn everything she needs to know about caring for a baby by then. The trip will give her a chance to visit her sister Jane, who married an Australian and has a son on a remote farm in Queensland in the last twelve years.

What sort of mother will Fergie be?

Along with Princess Diana, she shares a personal history marked by divorce and the subsequent loss of her mother. She also remembers a childhood in which her mother, while loving, was strict and would give her "a right wallop" if she stepped out of line.

Fergie is not as obviously maternal as Diana, whose love of children was clear from the moment she stepped into the public eye. But Fergie is also not without experience with youngsters. For four years in the early 1980s, she was a mother figure to the children of her then boyfriend, motor racing executive Paddy McNally. When his wife, Ann, died in 1980, his sons, Sean and Rollo, were nine and seven respectively. Sarah Ferguson, as she was then known, was an "oasis of responsibility and respectability" amid the fast life of the Grand Prix circuit. McNally told the press at the time of Sarah's wedding that she loved children so much, she would have one within a year of her marriage. Friends who stayed with Sarah during a skiing vacation in the McNally days say she would get up early, make breakfast for herself and the children, take them all skiing, and then meet the late-rising Paddy and his friends for lunch. "She was just like a mother to his children," says one friend. "She had boundless

energy and was game for anything. The children adored her."

Fergie is also close to her half brother, Andrew, aged ten, and two half sisters, Alice, eight, and Eliza, two. (Fergie is pictured on our cover at Eliza's christening, holding the baby.) Her stepmother, Susan, says, "Sarah always gives children a jolly good time. She's forever romping with my three. But she's also a disciplinarian and likes to see children well behaved."

Those in the know say Fergie is yearning for the baby to be a girl. And one report insists that her wish has come true, that medical tests revealed the baby will be a girl. If that is the case, Fergie favors the name Annabel, while Andrew prefers Victoria. Since royal children have at least three names, a daughter might thus be baptized Princess Annabel Victoria Elizabeth Windsor-Mountbatten. Officially her title would be Her Royal Highness Princess Annabel of York. For a boy, Sarah likes the name James, but other strong possibilities are Alexander, George, Nicholas or David.

But whether the baby born this month is a Prince or a Princess, everyone agrees that the Duchess of York will approach motherhood with the same enthusiasm and energy as she does the rest of her life. ■

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■ BACK TO LIFE

continued from page 119

peaceful. I thought, Why don't you leave me alone?"

After the test, Kathy's doctors knew that her condition was not caused by a congenital abnormality. But they were still uncertain why she had suffered the cardiac arrests, and they were dismayed by how easily they had been able to stimulate her heart to an irregular beat. "It meant," Schwab says, "that she would have to go on the strongest drug available."

That drug was Amiodarone. At the time, it was still being investigated and had not yet been given final approval by the federal government. "Amiodarone is the ultimate double-edged sword," Schwab explains. "It's extremely effective, but it has severe side effects," including the capacity to turn the skin blue and to cause hyperthyroidism and lung toxicity.

But because the level of Amiodarone in a patient's system occasionally becomes poisonous after it has been taken for a few years, Kathy's doctors were prepared to give it to her until they could find another means of controlling her heartbeat.

For Brad and Kathy, it was a time of uncertainty, and they talked for hours about their relationship.

Kathy's heart problem could only be treated, never cured. Should they continue to plan for their future together? Would she be able to have children? "It was our lowest point," Brad says.

Kathy didn't blame him for his fears. "I don't want you to stick around just because you'd feel guilty leaving me," she said one day. "If this is too much for you, then go ahead. I'll be

really sad, but I'll get over it."

Brad looked at her lovingly. "No," he said. "I've already thought about that. I want to be with you."

When she left the hospital three months later, Kathy was determined to live her old life again. With her doctors' approval, she gradually began to pursue her strenuous hobbies of cross-country hiking—often accompanied by her family's dog, Henry Fawnda—and downhill

ents, whose stoicism helped Kathy steady her own nerves. At times though, her mother, Ginny, betrayed her emotion, saying to Kathy, "I wish that this had happened to me instead of to you."

A painful setback

For nearly two years, Kathy remained on Amiodarone without suffering any noticeable side effects. But last August, following

routine test to monitor the drug's effects, Kathy was preparing to go on vacation when a telephone rang. It was Dr. Richard

"You have to come into the hospital," the doctor told her. Kathy smiled. Richards knew that she was going on vacation the next day, and he was an inveterate practical joker. "Oh, come on," she said, laughing. "Are you serious?"

"I'm real serious," he replied.

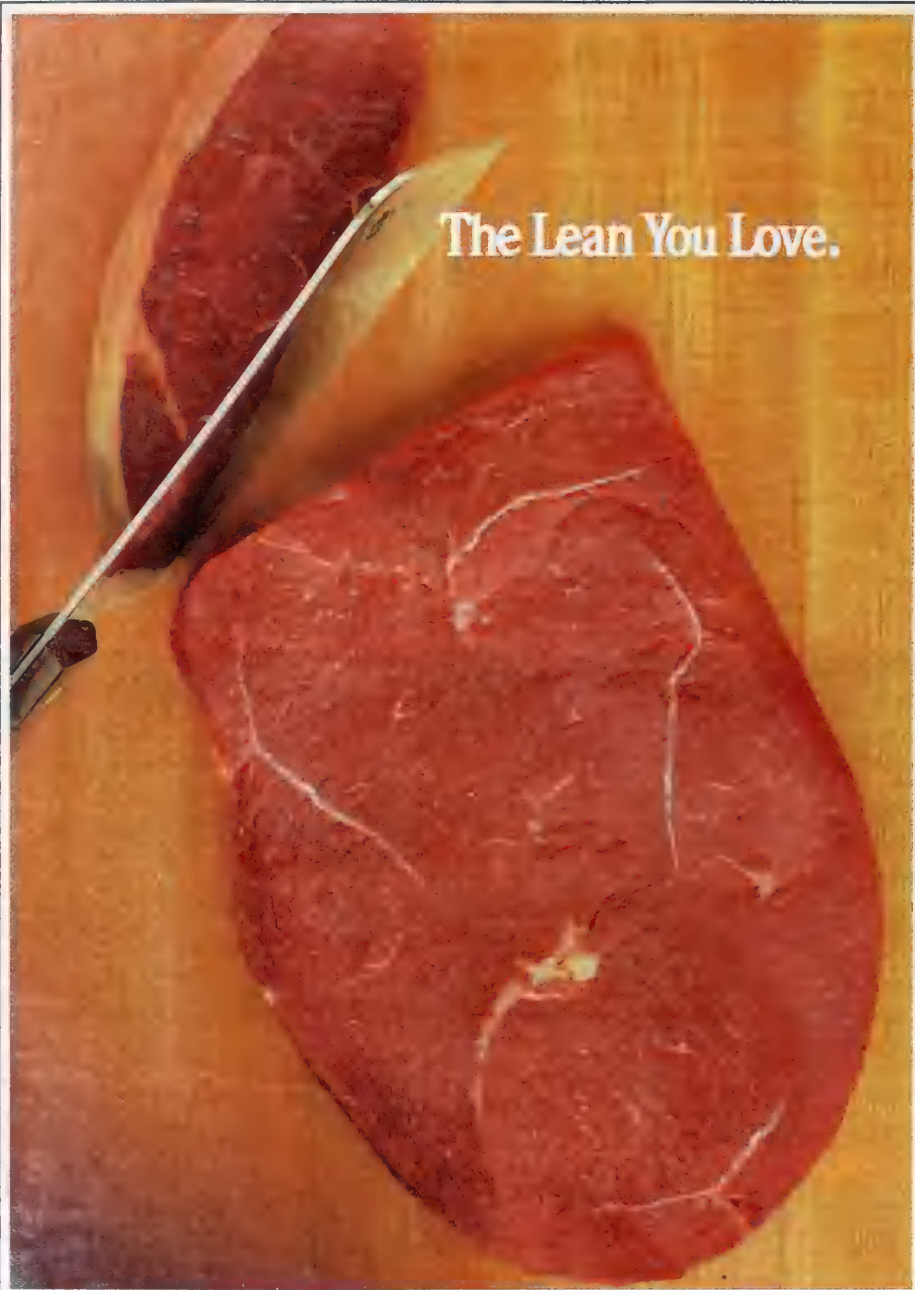
Richards had found that Amiodarone was dangerously overstimulating Kathy's thyroid. She had to stop taking it immediately, and had to be in the setting of a hospital in case she suffered another cardiac arrest.

Kathy hung up the phone and cried. Now, she knew, she would have to seriously consider something her doctors had suggested a while ago: having a mechanical device implanted in her body.

"I got very depressed," Kathy

said. "I didn't want to be cut open. I had never even had a stitch. I always thought that the surgery was a long way down the road."

The device, the Automatic Implantable Cardioverter Defibrillator (AICD), weighs half a pound and is roughly the size of a deck of playing cards. It constantly monitors the patient's heartbeat, identifies the irre-



skiing. "I just had to ski a little less hard," she says, laughing.

Kathy also returned to her job as an underwriter in a suburban bank. Work provided her with a much-needed psychological boost.

"If I couldn't have gone back to my job," she says, "everything would have caved in for me."

She also drew strength from her par-

hythm that precedes a cardiac arrest, through two patches sewn into the surface of the heart, turns it into a regular beat—in the way that a defibrillator used by paramedics forces a patient's heart to normal.

The two-and-a-half-hour operation to implant the AICD was performed in September. George Stefanik, a cardiovascular/thoracic surgeon at Daniel Man, sewed two titanium patches onto Kathy's heart, one on the front and another on the back. Moments later, as Kathy's heart beat in the air, Schwab told the device to be sure it would work if she suffered another cardiac arrest.

During the operation, Kathy's doctor also made an unexpected discovery: her condition was caused by a virus that had weakened her heart, probably during a childhood bout with the flu.

Kathy's condition, viral myocarditis, is something she now very little about. "We're not sure how frequently it occurs. People who have it experience shortness of breath, but I hadn't had it with her."

There's not one word about the condition that anyone could have deduced in advance," Richards adds. "If I had gone for a physical, they would have told me that everything looked fine."

Days after the operation, she went home, safeguarded by what she calls "my little paramedic"—a small, hard bulge on her left side she hides with loose clothing. Today, the near-toxic level of Amiodarone in Kathy's system is gradually declining. But as the drug leaves her system, the likelihood of her suffering another

cardiac arrest becomes greater.

Kathy is now steeling herself for the time when the AICD will "fire," or go off, in reaction to an irregular heartbeat. She does not look forward to it. Other patients have compared the firing to being kicked in the chest by a horse, and during a test of the device, Kathy was knocked unconscious. "I'm scared that it will happen at an inopportune time," she says.

only about \$3,000 herself; her employee insurance program has covered the rest. To Kathy, the AICD is priceless. "This is my only option," she says. "If I want to live, I have to have it."

The device is not without drawbacks. The model that Kathy has must be replaced every two years, and it can be turned off if Kathy is near a magnet. Schwab also says that if the device fired during pregnancy, there is a low

to moderate risk that the heart of the fetus would be thrown into an irregular rhythm.

But Kathy and Brad are not about to let her condition restrict their lives. They married last May, in a ceremony whose guests included Richards, and left for a honeymoon trip to Europe that included a hike in the Swiss Alps. Eventually, they plan to have children.

And Kathy, remembering the fear and sadness she suffered while she was in the hospital, has begun counseling patients who are going to have an AICD implantation. "It's something I enjoy doing," she says. "Before my surgery, someone called me, and it helped. Now I'd like to help other people."

It is her determination to make the best of her life that has helped Kathy through her ordeal, her doctors say. "She had to suffer a lot, but she's the kind of person who can breeze through anything and come

out well," Dr. Richards says.

And for Kathy, the psychological benefits of the AICD are almost as important as the medical ones.

"The defibrillator is the best security I have," Kathy says simply. "I value each day more now, and I'm looking forward to a nice, long life with Brad, to as long and as healthy a life as anyone else." ■

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She is also frightened that the device will not go off when it should, that it will malfunction. "In the back of my mind, way back there, I worry about it not working," Kathy admits. "But it's not something that I dwell on."

A new life

Kathy's medical bills have totaled about \$350,000, but she has had to pay

■ A WOMAN TODAY

continued from page 24

to sing a lullaby, to somehow establish a connection to her that I could take with me, but my sobs choked off the words. I tried to memorize what she looked like, and then with my heart aching, I said my hello and good-bye.

Later that day I saw my son for the first time. At almost four pounds, he was twice his sister's weight, but with tubes attached to his tiny body, he seemed so fragile that I was afraid to hold him. He was being fed intravenously and was undergoing tests for blindness. His scores on the Apgar tests, which are given to newborns to determine overall health, had been low.

But when the nurse assured me it was all right to pick him up, I lifted my son from his incubator. I felt numb but sensed that he needed me desperately. Gingerly, I arranged the tubing around his body and began to rock him and sing to him. Oddly, I did not feel immediate love for him; instead, I felt afraid. My pediatrician had admitted that my son was not on solid ground. And even if we took him home in relatively good health, it would take a full year to assess such things as whether he'd be mentally retarded.

I was released from the hospital a week after the babies were born, but my son had to stay for three and a half more weeks. We never saw our daughter again except for the photographs the social worker had kindly taken of her while she was still alive.

My minister and I have talked about what happened, and I know that God did not give me anything that I could not handle. And I think that there must be a purpose for my daughter's brief life. That purpose would be much more obvious if we'd been allowed to donate her organs. I have written to the hospital to try to change the legal stipulations that prevented this.

There has been some progress elsewhere: In California, requests from parents prompted one hospital to begin an anencephalic infant organ donor program. I wish that all parents who suffer this heartbreak had such a choice.

Far outweighing our sorrow is our great joy in our son. None of our fears for his health were realized; today he's walking, talking, running, climbing and into everything—just like any other twenty-one-month-old. And he is adorable, with golden hair, bright blue eyes and an impish smile.

Sometimes when I look at him I see his sister. And I wonder if she is one of those souls who volunteered to live for a short time for some special reason. Perhaps it was to teach us about love in ways I still don't understand. ■

■ DISEASES DOCTORS MISS

continued from page 51

• ask your doctor whether you need a blood test or an X-ray to determine what is wrong

The wrong way to treat VD

Consider the case of Jennie, thirty-two. When her fiancé, Philip, got urethritis (inflammation of the urethra, the tube that empties urine from the bladder), the doctor recommended that Jennie be treated as well, even though she didn't yet have any symptoms. The doctor explained that many women who have urethritis have no symptoms, but if it is left untreated, it could scar the fallopian tubes and lead to infertility. So both Philip and Jennie took penicillin.

The problem was that the doctor hadn't bothered to take a culture to find out which bacterial organism had caused the urethritis. Thus, he didn't know that Philip and Jennie's infection was caused by chlamydia, the most common venereal disease in the country today. And while tetracycline or erythromycin will cure chlamydia, penicillin is much less effective. Philip's symptoms disappeared, but he remained mildly infected and passed the infection back to Jennie. Because she went untreated, her tubes became scarred. The following year she had an ectopic pregnancy and nearly died.

The problem here wasn't simple misdiagnosis; it was the lack of a specific diagnosis. Many different organisms can cause urethritis, and each one requires a specific treatment. That's why exact diagnosis is crucial. In Jennie's case, a culture would have ensured appropriate treatment, averting a near tragedy.

Symptoms of urethritis include a burning sensation when urinating, with possible pain, itching and a discharge. If you or your partner have this infection, here's what to do:

- discuss the possibility of chlamydia with your doctor, and ask if you should have the specific test for it
- have your partner tested for it, too
- if you do have chlamydia, be sure you're taking the proper antibiotic

Toxic shock: still misunderstood

When Kathleen developed a fever, aches, nausea and vomiting, she didn't think about toxic shock syndrome (TSS) when she called her doctor. She

didn't ask about TSS because she'd missed her period two days before, and besides, she thought a red rash always accompanied TSS, and she didn't have one. Based on what he'd heard, the doctor assumed Kathleen had the flu. He told her to take aspirin and flu shots and call him in a few days.

But the next morning, Kathleen's fever shot to 104°F., and she became confused and disoriented. Her husband rushed her to the hospital, where she was diagnosed in the nick of time.

Toxic shock occurs when staphylococcus bacteria release a toxin into the bloodstream, causing fever, confusion and sometimes death. Staph bacteria often live in the vagina without causing problems, but when something happens to force the organism into the bloodstream, a threatening situation develops. Highly absorbent tampons have been implicated as a cause, because they often left in the vagina for many hours, and their roughened surfaces may cause tiny skin abrasions through which bacteria can enter. There are reports that wearing a diaphragm can do the same in a small number of women.

There are a few important misconceptions about TSS. One is that it can get it only during your period. In fact, it can happen any time. Many women think that a pair of itchy red rash on the genitals is a sign of TSS. In reality, the rash often begins *after* the other symptoms, and may occur on the palms or soles as well as the genitals.

With toxic shock, early detection is key. Know the symptoms—fever, vomiting and diarrhea—and see your doctor at the first sign of them. Sore throat and conjunctivitis may also be present, and the confusion that occurs as the toxin hits the nervous system is a serious sign. And follow these preventive measures:

- If you use tampons, choose the least absorbent product your flow will allow. Avoid using the super-absorbent variety.
 - Change tampons often during your period and switch to napkins at night.
 - If you develop symptoms suggestive of TSS, don't delay calling the doctor.
- To sum it all up, correct medical diagnosis requires a partnership between patient and physician. Don't try to make your own diagnoses, but be knowledgeable as you can. And don't be afraid to ask questions. Participate in your own good health. You can make a difference.

Bruce Hensel is a board-certified internist in private practice who teaches emergency trauma medicine at the University of California at Los Angeles.

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When my grandson and I entered our vacation cabin, we kept the lamp off so it wouldn't draw insects. Still, a few fireflies followed us in. "It's no use, Grandma," my grandson whispered, "the mosquitoes are coming after us with flashlights!"

—Mrs. C.L. Null, Meridian, MS

My two-year-old son and I were watching water-skiers on the lake when he asked, "Why are those guys chasing those boats?" —Leanne Gray, Boise, ID

While we were eating vegetable soup at my parents' home, our three-year-old daughter complained that she only liked chicken noodle soup. "Then pretend it's chicken noodle," her grandmother replied. "Okay," my daughter said, "and I'll pretend I'm eating it, too!"

—Teresa Wallace, Kalispell, MT

FOR BETTER OR FOR WORSE By Lynn Johnston



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what's the word? THINGS YOU KNEW BUT COULD NEVER NAME

- **CARTIPILLAR** A line of cars waiting to get on the freeway at rush hour.
- **FOODGITIVES** The individual vegetables in a TV dinner tray that escape over the wall into the Salisbury Steak Zone.
- **MOMETER** The back part of a mom's hand that, when placed to a child's forehead, "knows" if her child is running a fever or not.

- **TRIORITY** Three things that all need to be done first.
- **YARDSCHTICK** Lame quips that neighbors exchange when they see each other in the backyard (e.g., "Hot enough for ya? Ha ha").

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KIDDIE LITTER

It doesn't matter how I scold;
My diatribes just leave them cold.
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To end this plague of heir pollution?

—ELIZABETH WETZEL

COMING IN

Sept



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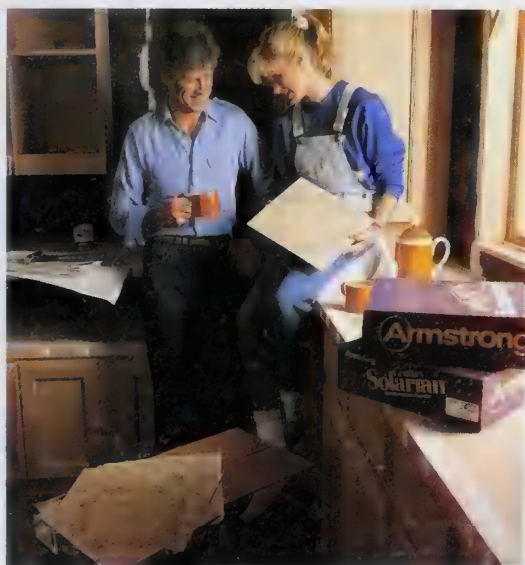
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EDITOR'S JOURNAL

By Myrna Blyth



BACK TO SCHOOL

H

ere it is time for school again. Isn't it amazing the summer went so fast? And even more amazing that this September yesterday's toddlers are skipping off to nursery school, last year's nursery school babes are this year's ready-to-read first graders. What's most amazing of all to me (in fact it's downright *incredible*) is that my youngest son, Graham, is going away to college this fall.

When my oldest son, Jonathan, went to college, I was upset, but in a way I enjoyed the fact that my husband and I had three years of being alone with Graham. And it has been terrific. Graham, not to boast, is cool, witty, competent. A lover of *Star Trek*, a teller of jokes, a whiz on the computer, Graham was the family member who programmed the VCR, helped me out of a jam when my Macintosh would not behave, and insisted I watch the choice videos on MTV.

Of course there have been those moments with Graham only a mother can understand. Once when I came home, feeling cheerful because I had just signed a contract for a book, I took one look at the gash above eight-year-old Graham's eyebrow and rushed him to the emergency room. (He and his brother were tussling, and the edge of a glass table got in the way.) That was his fourth visit to the emergency room. Before that, there was the torn finger, the dog bite and the concussion. And last year, when I was in the Soviet Union meeting Mrs. Gorbachev, my husband didn't want to tell me Graham had cracked his ankle. That was okay. He cracked it again a couple of months later when I was home.

Still, Graham has taken all these mishaps more calmly than the rest of us. He took his senior year and the trauma of applying to college calmly, too. I lay awake worrying which of the colleges he got into he should attend. Graham had no trouble sleeping and decided judiciously.

Yes, it is amazing how quickly your children grow. How a small towheaded boy who wanted to be snuggled is now a six-footer who wants to be a computer engineer. Of course, I'm glad Graham is ready and eager to go away to college, but I have to admit I've already started counting the days till Thanksgiving vacation.



Graham Blyth perched on a World War II tank in his yearbook picture

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Ladies' Home Journal (ISSN 0023 7124) September 1988, Vol. CV, No. 9. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr \$19.95; Canada, 1 yr \$27.95; all other countries, \$27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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Journal

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SEPTEMBER 1988

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**Nobody
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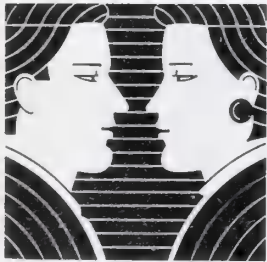
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CAN THIS MARRIAGE BE SAVED?

My husband is having a mid-life crisis

By Sondra Forsyth Enos



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Robert L. Barker, M.S.W., Ph.D., who is affiliated with the National Catholic School of Social Service, in Washington, D.C., and maintains a private practice in Maryland. The story reported here is true, although names and other details have been changed to conceal identities.

Maureen's turn

"HOW CAN A MAN WHO'S BEEN A workaholic for the twenty years of our marriage suddenly give it all up?" asked Maureen, forty, a statuesque woman whose deep-set eyes were wide with fear and anger. "True enough, Jim never applied himself as a kid, and it took him five years to get through high school. But that was because of his home problems, with a mother in and out of mental institutions and a father who traveled all the time. He is an only child, and he had no supervision, so he just goofed off.

"After we went out, though, Jim changed. We were so young, just nineteen, but we fell in love at first sight and knew we wanted to get married. Jim was a new recruit stationed at the army base near our hometown, and I was working at the PX. On our second date, he told me he loved me and said,

'Now I have a reason for living.'

"We decided to get married before Jim went overseas. It was a small wedding on the base, and his parents didn't even come. As for my father and stepmother, they were not happy about the whole thing, but I didn't care. I'd never forgiven my father for remarrying so soon after my real mother died in a car accident. I was eleven at the time, and as the oldest of five, I had sort of taken Mom's place.

"Then all of a sudden Dad brought home this woman, who was domineering and mean to all of us and told me to call her Mother. I never did, by the way. In fact, I had as little to do with her as I could and learned early on that the best way to keep the peace was to do what she said as quickly as possible, then get out of her way.

"Anyway, all that was behind me. I had found Jim, and together we would build a beautiful new life.

"At first, during the two years Jim was in Germany, I kept on working at the PX during the day and took secretarial classes at night. Our plan was that after Jim was discharged from the army, I'd put him through college and then he'd work so I could have a baby and stay home.

"Well, I got pregnant right after Jim got home, so the college part never did work out. One night at a party, a friend started talking about his business, a collection agency. He said he made really good money, and he was his own boss and could set his own

hours. That appealed to Jim. He has a lot of leisure interests, things like backpacking and hang gliding. For the life of me, I can't see what's so exciting about those things, but he loves them. Anyway, the idea of calling the shots was pretty enticing.

"Though he was reluctant to give up college, Jim (continued on page 18)

Maureen was stunned when her responsible husband abruptly left his job. What happens when a man just can't take it anymore?



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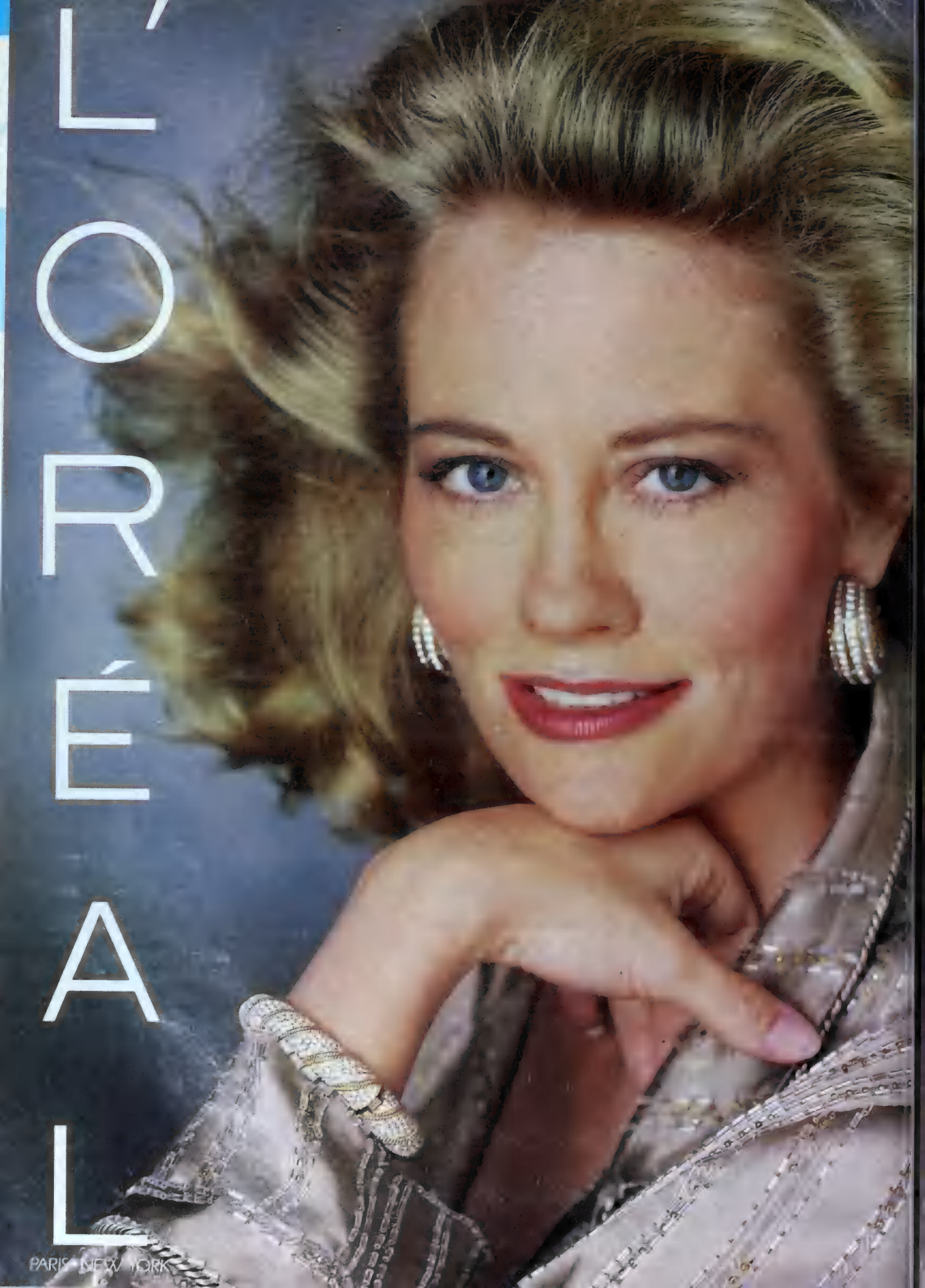
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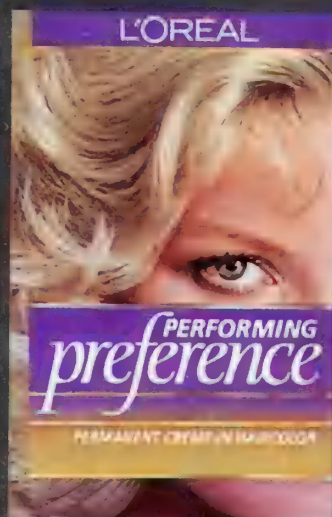
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CAN THIS MARRIAGE BE SAVED?

(continued from page 14) met with our friend to get the details on starting a similar business. He decided to go for it, and with some help from my father, we were on our way.

"I worked as Jim's secretary all through my pregnancy, and I took only six weeks off when Andrew was born. Then my sister took the baby in with her two kids.

"But you know, that nearly killed me—not being able to take care of my baby. I stuck it out for two years, but they were the worst. One night, I just got hysterical crying, and Jim said that if being with Andrew meant that much to me, he'd manage the business without me. We were pretty well established by then anyway, and Jim felt he might even be able to make do without a secretary.

"Well, I loved being a full-time mother. I desperately wanted to have another child, but it took seven years for me to get pregnant again. It was worth it, though—we got our girl! I was thrilled to stay home with Susanah and be in on all her little growing up. I felt I had missed so much with Andrew. Fortunately, Jim's business was booming, so there was no financial reason for me to work.

"In fact, things fell into a lovely, comfortable pattern, or so I thought. Jim went to the office, I went on being a wife and mommy, baking cookies, joining the PTA, you name it. Jim seemed happy; our sex life was great. I didn't have a clue anything was wrong.

"Of course, Jim brought home a lot of paperwork most weekends and didn't have much free time. And I realize now that at some point he did start saying he needed to hire someone so he could get out from under. But he didn't sound desperate enough to throw it all away.

"Clearly, I missed the signals, because one Monday, Jim just turned off his alarm and didn't get up to go to the office. I asked if he was sick, and he said he needed a day off. I didn't think much of it. Since he was his own boss, he wouldn't get into any trouble.

"But one day turned into a whole week, and I started to get very upset. I envisioned the phones ringing off the hook, the mail piling up. I told him I'd be happy to go in and check on things, but he really blew up. I've never seen him so mad. He said he'd already proved he was perfectly capable of running the business without me, and he pointed out that since I'd been out of the work force, whatever clerical skills I had were way out-of-date.

"It's been six months. Jim goes in, but not every day, and he's only handling his old clients. He hasn't drummed up any new business, and he doesn't seem to care. We have a pretty hefty investment portfolio, so we're in no immediate financial danger, but in the long run, somebody's got to make a living. I have secretarial skills, but like Jim said, I'm outdated.

"I've tried talking to Jim, but I couldn't get the words out. I'm scared. What's going to happen to us? I can see how a man would need a little change, a little more leisure time, but I cannot see how he could all but drop out without worrying about me or the kids.

And I certainly can't see why he won't let me help, for God's sake.

"I'll tell you something else. Jim has started spending money like there's no tomorrow. Expensive sports equipment, electronic gadgets—you name it, he wants it. We'd always talked about saving money for the kids' college educations. Now he buys and buys without consulting me at all. I feel as though I've gone through the looking glass. Nothing makes sense.

"I hate to say this, but I'm starting to become pretty disgusted with Jim. He's not the man I thought he was. It's crossed my mind to take the kids and move in with my sister and see if I could find a job, even if it's just waitressing. Why should I stay with him?"

Jim's turn

"Okay, so I'm a world-class heel, right?" said Jim, a dashing forty-

year-old with a full beard and rugged good looks. "Or maybe I'm just a nut case like my mother. All I know is that while the rational part of me says to get back to work, another part tells me I've been buried alive for twenty years.

"Let me be blunt. I hate my work. I've hated it since the day I started. Oh, I'm good at it, very good. I'm very successful being the bad guy, the bill collector, the villain who hounds people till they cough up the cash. But this is not a fulfilling and stimulating way to spend your life.

"I suppose you think I'm ungrateful. Here I am, a guy who barely scraped through high school, has no college degree, got married when he was wet behind the ears, and yet I've been able to make a darn good living for my family. Well, that's what I've told myself year after year. I'd actually give myself pep talks, you know, just to keep going. Anyway, I kept thinking that since I'm my own boss, I'd get things to the point where I could work less and have more time for the things I enjoy.

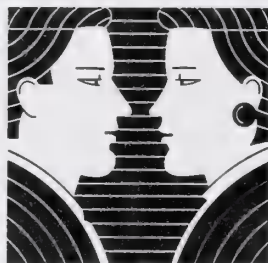
"Then one day, the kids were watching *Wild America* on TV in the den. I was in the kitchen catching up on paperwork, but I could see the screen through the archway. That's when I snapped. Just like that. There I was, a middle-aged man, going to pot at a kitchen table stacked with nasty collection notices, while Marty Stouffer was fit as a fiddle out in the wilderness with the wind blowing in his hair.

"All I could see for myself was an endless future of more paperwork, more unpleasant phone calls, more sitting on my duff. I was an observer in my own home. Half my life was over, and except for sex and a few good times with Maureen and the kids, I had never done one thing I wanted.

"That terrified me. I didn't know what to do next. So I figured I'd take a day off, collect my thoughts. That was a mistake. Somehow, the day stretched on and on.

"Frankly, I just don't care anymore. I don't care if I spend all the money I've worked so hard for. I don't care if the business goes down the tubes or if the kids go to college. All I want is to get out and make up for lost time, let the real me have a chance.

"I sound crazy, don't I? Look, it's not that bad. I do still care, and I don't want to let Maureen and the kids down. I'd die if I lost them. But I just don't have any (continued)



"Let me be blunt: I hate my work. I've hated it since I started," said Jim.



And The Bride Wore Extremely Gentle Make-Up

NEW YORK—It was a Cover Girl photo session. But from the radiant look of her skin, you'd think she was a real bride. Extremely Gentle Make-Up from Cover Girl in Natural Beige matched her skin tones perfectly. Her skin texture had a smooth, almost poreless look. And judging by the softness of the finish, you could imagine how light this make-up felt. And the "bride" wore Extremely Gentle Make-Up. So pure. Fragrance-free. And gentle to even sensitive skin. What a make-up.



Cover Girl® Extremely Gentle Make-Up

PURITY TESTED. FRAGRANCE FREE. COVER GIRL BEAUTIFUL.



WHY YOUR FAVORITE SHAMPOO WILL WORK BETTER IF YOU STOP USING IT FOR 14 DAYS.

It's exasperating. The very shampoo that has left your hair so silky and clean, the shampoo you depend on—subtly, then noticeably stops working. That fresh softness you prize so much in clean hair is gone. Your hair looks limp...dull...blah.

Why why why? "Shampoo build-up" is the reason. Each washing, even by fine shampoos, leaves a shampoo "residue." Sadly, certain cleansing mixtures, and conditioning agents, if they are effective, leave a telltale residue that has been measured precisely in laboratory studies.

Recent tests on 15 quality shampoos show that residues keep accumulating each time you shampoo. It's a fact of hair life!

Getting rid of the build-up. Make no mistake. You must, temporarily, switch to a shampoo with super rinsability. One that has gently proven its power to revitalize the hair. And don't put it off. Shampoo build-up is more than unattractive: it can impair the soft feel of your hair...its manageability...and it can eventually harm your hair.

A single wash reduces residue by 70% to 90%. "Test results indicate a single wash with Neutrogena® Shampoo was adequate to remove in excess of 90% of the residue. Even with conditioners, which are far more substantive to the hair, a single wash with Neutrogena removes 70% of the residue."

*Excerpt from Neutrogena Skin Care Institute Report.



Which shampoo rinses the best? According to laboratory tests of 15 quality shampoos, Neutrogena Shampoo ranked No. 1, and "demonstrated consistently superior rinsability with almost no build-up itself."

The clincher: in addition to instantly freeing your hair from most build-up in a single washing, Neutrogena leaves a scant residue, a negligible trace compared to all the other shampoos tested.

If you feel you want to revitalize your hair, try Neutrogena Shampoo for 14 days. Think of it as a freshening "vacation"...and afterwards, your hair will respond again happily to your favorite shampoo. If you use your Neutrogena as often as needed, your favorite shampoo will keep on being your favorite!

Neutrogena Shampoo is sold with a satisfaction-or-your-money-back guarantee. It is available at better drug stores and cosmetic counters. Look for it—in the white box with the brown band.

■ CAN THIS MARRIAGE

continued

strength left. Maureen's really had with the way I'm acting and I don't blame her, but no matter what she says, I can't seem to get the old steam back. Maureen even said she'd come and help, but that hurts my pride. We agreed she'd be a full-time mother, and I don't want her doing my work for me.

"I didn't want to come here, but now that I'm talking, I'm glad I did. Maybe an objective person can see the whole picture and get a handle on how to help us; we could sure use it."

The counselor's turn

"It was obvious that in spite of everything, Jim and Maureen loved and needed each other, and wanted to remain together," said the counselor. "Both had had difficult and lonely childhoods, Maureen because of her mother's untimely death, Jim because of his mother's mental illness. The marital relationship was an important, stabilizing force in their lives."

"In fact, this is why Jim had worked so hard all these years at a job he detested. He had been willing to do anything—give up his plan to go to college, forgo personal pleasures and pursuits—to provide the kind of family life for his wife and kids that neither he nor Maureen had enjoyed."

"Unfortunately, as often happens in mid-life, Jim was unable to continue denying what he had come to call 'the real me.' It is not at all unusual for people in their forties to assess their lives and feel a truly desperate need to fulfill long-suppressed dreams before it's too late."

"During the first few sessions, I concentrated on helping Jim and Maureen understand that while Jim's behavior was extreme and while he was clearly in a period of depression that was sapping his energy, his mid-life malaise was neither bizarre nor uncommon."

"Focusing on Jim's problem brought out something Maureen had previously failed to admit, even to herself. During one session, she suddenly burst out with the fact that she was tired of being a housewife and that she honestly wanted to go back to work."

"Jim was amazed. Clearly, they had each become so caught up in the minutiae of their lives that they had stopped talking about their dreams and plans for the future. The last discussion Jim had had with Maureen on this subject had been years ago, when she had begged to stay home with two-year-old Andrew. It had never occurred to him that she, too, might be getting a bit (continued on page 16)

ATTENTION: MOUSSE/GEL USERS: Daily use of mousses and gels gradually builds up residue. Hair resists styling, loses shine. Most shampoos just can't cope. But just completed tests show high-rinsability Neutrogena Shampoo is able to remove an average 90% of mousse or gel residue in 1 washing. (Residue Removal Study, April, 1985. Neutrogena Laboratories.)

I like my gray...But not every day.''



Haircolor not retouched.

Six Great Shades!
Shampoos-Out Instantly



Gray today. Natural tomorrow. Back to gray the next day. Magic?
Fanci-full X-TRA BODY— just comb in this gentle lotion and PRESTO,
haircolor with highlights and extra body too. Now haircolor that blends
as naturally with your hair as it does with your social
calendar. Perfect for any woman who isn't ready to
give up her gray. Try New Fanci-full today!

Fanci-full®
X-TRA BODY

The Gray-Away, Anyday, Color and Styling Lotion.

Manufacturer's Coupon
SAVE 50¢
on purchase of
Fanci-full X-TRA Body 8 oz.

Retailer: This coupon will be redeemed for 50¢ plus 8¢ handling when redeemed for the stated product and the terms of this offer have been complied with. Coupons will be void if presented through outside agencies, brokers, institutions or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases will cover coupons presented for redemption must be shown upon request. Failure to do so, may, at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in U.S.A. Any unauthorized use constitutes fraud. For payment, mail to: Roux Labs, P.O. Box 870123 El Paso, TX 88587-0128. One coupon per Fanci-full X-TRA Body 8 oz. bottle purchased. Offer expires 6/30/89.

30997 120990

The baby nobody wanted

By Ann Fredericks*



One evening in April 1987, I was in the midst of making dinner with two of my foster children, Maria and Lucy, when the phone rang.

"Hello, Mrs. Fredericks? We have an emergency here," said Virginia Bolger, the director of nursing at Little Flower Children's Services, a Catholic child-care agency my husband, Walter, and I had worked with many times. "Remember when you told me that you and your husband would be willing to care for an AIDS baby? Well,

we now have a three-month-old who might have AIDS. He needs a home right away."

"Oh, Mrs. Bolger, I'd love to take him, but this is a really bad time for us," I told her. "Two of our foster kids—Rosemary and Mario—are getting married soon, and I'm so busy I don't think I could handle it right now."

Mrs. Bolger assured me that she understood. But after I hung up I couldn't stop thinking about that little baby.

Several months earlier, my husband and I had watched a television program

Three-month-old Joey was a victim of AIDS—a baby who desperately needed a home. We welcomed him into our family—and into our hearts

about the difficulties of finding homes for AIDS babies. That's when we decided that we'd be willing to take in one of those infants.

It hadn't been a hard decision for us to make. Besides raising our son, Willy, Walter and I have cared for thirty-four foster children during the past twenty years—ever

since we learned we wouldn't be able to have any more children of our own. Today, living at home with us are Lucy, age eleven; Maria and Tony, both twelve; and our adopted eleven-year-old son, Hector. Willy, who is now married, lives nearby with our two beautiful grandchildren.

When I finished in the kitchen, I told Walter about Mrs. Bolger's phone call.

"At first I said that we couldn't take the baby because we'd be too busy with the weddings," I said. "But then I started to think, What's more important—that baby or our being busy?"

"We can take this baby," Walter said. "I think we should do it."

Mrs. Bolger was delighted to hear that we'd reconsidered. But she also wanted us to be fully aware of the baby's condition.

"Joey's mother was a heroin addict who contracted AIDS from a dirty needle," she told me. "Joey (continued)

**The names of the author and her family have been changed.*



Joey, shown here at fifteen months, has always been a sweet, smiling baby, says his foster mom



Style of Your Own."

ZENA
FASHION DENIM®

P.A. Bergner's Dayton's Hudson's

A WOMAN TODAY

(continued) is carrying the AIDS antibodies he got from his mother." This meant that there was about a fifty-fifty chance that Joey would come down with the disease. (Although a pregnant woman with AIDS always passes the AIDS antibodies to her baby, she passes on the actual virus less than half the time. Doctors aren't able to tell if the virus is present until the child is approximately fifteen months old.) If Joey did have AIDS, he would probably die.

I knew how upsetting that would be for my family, but I also knew how much Joey needed a home. However, one thing still worried me—that my family might be in danger of getting AIDS.

"AIDS is a very hard virus to catch," Mrs. Bolger assured me. "It can be transmitted only through the blood or through sexual contact." She explained that three major medical studies showed that AIDS couldn't be transmitted in a normal family setting as long as certain precautions were taken. Nonetheless, Joey's previous foster parents hadn't been convinced. The couple had decided they could no longer care for the baby when they found out that he might have AIDS.

I told Mrs. Bolger that I wanted to talk to my family but that I thought we could still take Joey.

The kids were wonderful when we explained things. They understood that AIDS wasn't contagious as long as we were all careful, and they were eager to have Joey in our home. Before I could even finish talking, Tony said, "I'll get the baby seat out of the basement."

"And I'll set up the portable crib," Walter added.

When Walter and I arrived at the agency a half hour later, Mrs. Bolger was holding Joey. "Isn't he beautiful?" she asked.

Already Joey had a way of studying people. He had eyes the color of dark-brown velvet, and he looked at me like he understood everything. I fell in love with him instantly.

The kids were waiting eagerly at the door when we got home. After that, they couldn't stay away from Joey for a minute. While we were eating dinner, they kept getting up

from the table to play with him. Joey watched them and smiled, his big brown eyes taking it all in.

For the next few weeks, Joey got so much attention he was rarely alone. Early each morning, while I was making breakfast, I'd talk to Joey, and he'd make sounds back at me. Later, we'd play together while I straightened up the house. In the afternoons the kids were so eager to be with Joey that they'd argue over who'd get to play with him. And Walter still goes straight for Joey when he gets home from his job as an auto mechanic. Joey loved all the attention. He was a sweet, smiling baby from the first day.

Walter and the kids have also been great about following precautions. These are just some of the special steps we take: First, only Walter or I change Joey's diapers, and we always wear rubber gloves for this task. And second, Joey's sheets are changed daily, and we wash them and his clothing in hot water and bleach, keeping them separate from the rest of the family's laundry. I wash Joey's crib and high chair with bleach every day.

We're also very careful about cuts. If Joey gets a scratch or a cut, we bandage it right away; we do the same thing for ourselves. We never eat any food that Joey has eaten. For example, if Joey takes a bite from a cookie, no one else finishes that cookie. We throw out Joey's diapers in a separate bag that is placed inside a red bag. The workers at the garbage dump know those bags get special handling. Finally, if we get sick, we wear a mask so Joey won't get our germs.

All these precautions do make for extra work, but I don't mind. They've simply become part of our daily routine.

But what has been difficult is our decision not to tell people that Joey might have AIDS. At first, Monsignor John Fagan, the executive director of Little Flower Children's Services, asked us not to keep Joey's illness a secret. He thought that if other people knew what we were doing, it would help them to

be less afraid of AIDS. I agreed with him, but I was also worried that my other children might get hurt; that some of their friends' parents might not let them play together if they knew Joey had AIDS. So even though it bothers me, I feel we have to keep it in the family for now.

Of course, our main concern is keeping Joey as healthy as possible. Ginny Spataro, Joey's nurse from the agency, visits us once a month and examines Joey. She also comes with me when I take him to the doctor for his regular checkups.

Because Joey was diagnosed as developmentally delayed—common among children with AIDS—he also qualifies for special services from another children's agency. Each week, a teacher helps Joey with his speech and learning. A physical therapist does exercises with Joey to improve his muscle development.

In the past year, Joey has gotten a lot bigger and stronger. At fifteen months he started to walk, and now, at twenty-one months, he's very alert and can even say a few words, including "da-da."

But earlier this year, Joey's health took a turn for the worse. In January he came down with a fever of 105 and was admitted to the hospital. He was there for three weeks, until the doctors were finally able to get the fever down. Two months later, he developed bronchitis.

Then, during our last visit to the doctor, we got the news we'd been dreading. Joey had ARC (AIDS-related complex), which is often the second stage of the disease. ARC usually leads to full-blown AIDS.

Naturally, we were very upset. But Walter and I are determined to help Joey beat this disease. Although we are unable to adopt him because we can't afford the cost of his medical care, we plan on keeping Joey forever. We want to make sure that he will always have a home—and a family who loves him.

And so I pray for Joey every day. I pray that we can help to make him stronger and keep him well. I pray the doctors will discover that Joey doesn't have the AIDS virus after all. And if he does, I pray that someone will find a cure in time to save him. Most of all, I thank God for giving us such a special baby. ■

If you're interested in caring for a child with AIDS, contact your local social services department.



Teach Your Old Hair New Tricks!

What do you want your hair to do?
Well, NEW Ogilvie Styling Spritz can get
your hair to do it. The trick is body.
And there's no body that's better than our
body. It's soft body. It's firm body. It's lift
and control and hold body. It's make-
do-what-you-want body.
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got, it's what you and
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BEAUTY & FASHION JOURNAL

Cool ideas
for a
fabulous
fall

Post-summer skin and hair repair

CRISP, CLEAR, GLORI-

OUS AUTUMN IS HERE, BUT THE NOT-SO-FOND MEMORIES OF SUMMER ARE HARD TO SHAKE—MONTHS OF EXPOSURE TO SUN, SALT WATER AND CHLORINE WREAK HAVOC WITH HAIR AND CAUSE SKIN TO HIT THE SKIDS. NEED FAST FIXES? BELOW, THE EXPERTS' NO-FAIL FORMULAS

SKIN SALVATION

EXFOLIATE to counteract dryness, deep-cleanse pores and remove dead cells. Using a liquid or cream cleanser and a soft facial brush or sponge, buff skin gently in a circular motion. Try Lancôme's Foaming Gel Cleanser (comes with a brush) and Buf-Puf Singles.

NOURISH Go for a skin treatment cream boosted with humectants (moisture-attracting ingredients), such as glycerine, propylene glycol and sorbitol. Be sure to choose a moisturizer designed for your skin type. If skin is normal to oily, look for a moisturizer that lists water as the first ingredient; if skin is dry, look for oil listed first. Our top picks: Revlon Moon Drops Enriched Moisture Cream, Coty's Overnight Success Active Strength Cream, Nivea Extra Rich Formula.

GET EVEN Patchy skin results from this summer's faded tan, as well as years of bronzing on the beach. If your complexion looks blotchy, try a weekly exfoliating masque to even out skin tone. We like Revlon's Respira II Facial Wrap and Avon Nurtura Replenishing Mask. You may also want to consult a dermatologist about the possibility of using Retin-A to correct this problem.

REHYDRATE After washing, apply moisturizer while skin is still damp. Use a humidifier (especially during sleep) to help keep skin moist and supple.

In-the-pink advice from Ronald Sherman, M.D., Mount Sinai Hospital, NYC



REDRESS TRESSES

SIX SUREFIRE TIPS FOR GLOSSIER, HEALTHIER HAIR, FROM DAVID CANNELL, GROUP V.P. FOR REDKEN

- Use a low-detergent shampoo with shine enhancers (such as natural oils, proteins and vitamins) and a low-residue, protein-enriched conditioner. Try Revlon Clean & Clear and Helene Curtis Salon Selectives products.
- Massage scalp before each shampoo to stimulate circulation, loosen dirt. Massage with pads of fingers in a circular motion. Cover entire scalp.
- Alternate an anti-buildup shampoo like Neutrogena with your regular shampoo to eliminate dull film caused by product buildup.
- Deep-condition every three or four shampoos. When hair is back in great shape, deep-condition once a week. Count on Karité Conditioning Cream by Rene Furterer or Vitamin Moisturizer de Pantene.
- Use a thermal styling product before blow-drying to insulate color-processed or damaged hair. A good choice: Airset Heat Styling Protectant by Redken.
- Choose a blow-dryer with a range of heat settings. Two picks: Clairol Euro-Style Pro 1500 and Conair Classics Quiet Tone.

BEAUTY & FASHION JOURNAL

oil of olay/LHJ

I look great for my age

c o n t e s t

then



Do you look better than ever? Do you look as young for your age as Priscilla Presley, Tina Turner and Barbara Walters? Share your secrets with us! You could be one of five regional winners who get to come to NYC for a mini-pageant and appear in an issue of the *Journal*. The grand-prize winner will appear on a national soap opera and receive a one-year family membership to a local health club or spa of her choice. Sound too good to be true? Fill out the form below and enter today!

now



Official rules

1 Complete entire entry form. Include with form the following: a box tab with Universal Product Code from any Oil of Olay skin-care product, Oil of Olay Beauty Fluid (4 oz. or 6 oz.), or Oil of Olay Beauty Cleanser (any size); a statement of fifty words or less on why you look great for your age; your most important skin-care tip; two (2) current photographs, ■■■ full-length and one close-up (head and shoulders shot). Photographs must be in color and no larger than 5" X 7" in size. All photos will become the property of the sponsors.

2 Mail to: Oil of Olay/Ladies' Home Journal Contest, P.O. Box 1162, Radio City Station, New York, NY 10101-1162. All entries must be received by September 30, 1988. Limit one entry per person. Sponsors won't be responsible for lost, misdirected, damaged or late mail. All photos and materials submitted become the sponsors' property and will not be returned or acknowledged.

3 All original entries will be judged under the supervision of Ventura Associates, an independent judging organization, whose decisions are final. Ventura will select thirty semi-finalists from five regions. The semi-finalists will be contacted by phone and by mail to determine if they want to further continue in the contest, and will be requested to provide proof of age and affidavit of eligibility. The semi-finalists will then be judged by a panel of experts designated by Oil of Olay and Ladies' Home Journal. This panel will consist of advertising, media and beauty experts. Five regional winners will be selected and requested to come to New York City for a mini-pageant. The mini-pageant will be judged by the panel of experts, and a Grand-Prize winner will be selected. All judging by Ventura Associates and the panel of experts will follow the same criteria. Photographs will be judged on subjects' youthful appearance relative to actual age (0-15 points); overall appearance and photogenic qualities (0-10 points); judges' perceptions of the skin quality, i.e., clarity, color, firmness, fine lines (0-10). A fifty-word statement ■■ why you think you look great for your age will be judged ■■ judges' perceptions of the effort and dedication to looking younger than you are (0-10); and clarity of expression (0-5). The contestant with the highest point total will win. In the event that scores are tied at any point in the selection process, judges will judge the skin-care tip in order to choose winner(s). Tips will be judged on perceived effectiveness and originality. Decisions of judges are final.

4 In each of the five (5) regions (Eastern: CT, ME, MA, NH, NJ, NY, PA, RI; Western: AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA; Southeast: AL, DC, DE, FL, GA, MD, NC, SC, TN, VA, WV; Central: IL, IN, KY, MI, MS, OH, WI; Midwest: AR, IA, KS, LA, MN, MO, NE, ND, OK, SD, TX, WY) there will be a regional winner and runner-up chosen. Contest is void in Vermont. Maryland and Florida residents need not include proof-of-purchase.

5 Each regional winner and runner-up will receive a year's supply of Oil of Olay skin-care products. The regional winners will receive a (2) two-day trip to New York City, to participate in a grand-prize selection mini-pageant. Oil of Olay will provide round-trip air transportation, hotel accommodations, and meals for each regional winner and husband (or an escort) for two (2) days. All regional winners will also receive a professional hair and makeup makeover on the morning of the mini-pageant. Restaurant, theater accommodations and a reception with TV-show cast will also be included (Approximate retail value, \$2,500.00). The Grand-Prize winner will appear on a popular CBS television daytime soap opera (Oil of Olay will provide round-trip air transportation, hotel accommodations and meals for both the Grand-Prize winner and escort); a family membership for the winner (or for the winner and a friend) for one year at a local Health Spa (or cash equivalent up to \$5,000). (Approximate retail value, \$7,500.00) The Grand-Prizes are not exchangeable, refundable or transferable. There will be no substitution of prizes except as may be necessary due to unavailability. NOTE: The Grand Prize winner may be requested to participate and be featured in a tour (up to five cities) to publicize the contest. Transportation and meals to be provided by Oil of Olay.

6 The five (5) regional winners and runners-up will be notified by mail on or before November 15, 1988. The regional winners must consent to be available and to participate and render services in connection with a final mini-pageant to be held in New York City before December 15, 1988, and to participate in photography/taping sessions and media interviews, or they will be replaced by a regional runner-up. All entrants agree to grant to the sponsor of the contest the right to use their names, photographs and written comments in connection with any promotion, publicity and advertising on behalf of Oil of Olay skin-care products in connection with the contest at no additional compensation. The Grand-Prize winner will also render services for additional photography/taping sessions in connection with any promotion, publicity and advertising on behalf of Oil of Olay for the contest, and as a participant in a tour. In the event that one of the winners cannot complete all responsibilities due to pregnancy, illness or unacceptable change in overall appearance, a runner-up will assume only responsibilities left uncompleted. Semi-finalists will be required to sign an affidavit of eligibility and release within 14 days of date of notification prior to receiving any prizes or being invited to New York City for final judging. This will require submitting proof of age. A photocopy of a birth certificate, driver's license or passport will be accepted as proof of age. Failure to forward completed information as required may result in forfeiture of prize, and an alternate winner may be selected. The Grand-Prize winner will also agree to join the Screenwriters Guild at the expense of Oil of Olay, should this be necessary.

7 Contest is open to women who are U.S. residents, age 25 or over, whether or not they've done modeling or acting. Employees and their families of Meredith Corp., Procter & Gamble, CBS Inc., their respective affiliates, subsidiaries, advertising agencies and Ventura Associates, Inc., are not eligible. All federal, state and local laws and regulations apply. Contest void where prohibited or restricted by law. Taxes on prizes are the winner's responsibility.

8 For a list of winners, send a self-addressed, stamped envelope before December 15, 1988, to Oil of Olay/Ladies' Home Journal Contest Results, P.O. Box 701, Lowell, IN 46399

oil of olay/LHJ *I look great for my age* contest

Entry form

Fill this out according to the official rules at right.

■ I look great for my age because (50 words or less) _____

■ My most important skin-care tip is (10 words or less) _____

■ ENCLOSED ARE: Two current color photographs (no more than sixty days old), one full-length, one head and shoulders only.

Name _____
Street Address _____
City _____ State _____ Zip _____
Phone Number _____
Date of Birth/Present Age _____
Height _____ Weight _____
Eye Color _____ Hair Color _____
(please print clearly)

ALSO INCLUDE:

A box tab with Universal Product Code from any Oil of Olay skin-care product. (See rules for states that are excluded.)

SEND ENTRY TO:

Oil of Olay/Ladies' Home Journal Contest
P.O. Box 1162
Radio City Station
New York, NY 10101-1162

■ NOTE: All regional winners and runners-up will be asked to provide proof of age to qualify for prizes. A copy of a birth certificate, driver's license or passport will be accepted.



WOMAN EMBRACED BY SATIN AND LACE.

N D E R N E A T H I T ' S B A L I



eo blush (shown), white, moonlight, and black. Pretty Bali™ is available in average shape styles #2402/underwire and #2412/strapless, and
hape styles #3401/soft cup and #3402/underwire. Pretty Bali panty style #8402 available in matching colors. © 1988 Bali Company



tie one on

The right ways to wear a scarf

ACCESSORY ALERT! SCARVES ARE CLASSY ADD-ONS TO ANY OUTFIT—THEY UPDATE SEDATE SUITS AND SEPARATES, PERSONALIZE OFFICE OUTFITS, LEND A STYLISH TOUCH TO SIMPLE OR INEXPENSIVE BLOUSES. COMING UP, THE BEST SHAPES TO SCOOP

UP AND THE MOST CHIC WAYS TO WEAR 'EM!

Top: scarf, Ginnie Johansen, Gallery Collection. Middle: scarf, Nicole Farhi. Right: scarf, Yves Saint Laurent. Bottom: scarf, Donna Morgan. Details, page 185.

BIB AND ASCOT

These two looks are created with large (36-inch) squares of silk or a silky synthetic blend. Pick hot patterns like small geometrics, big pictorials, equestrian scenes or florals. To create a bib (above), fold scarf on the bias to form a triangle. Center base of triangle on neck and crisscross ends behind neck. Bring ends in front and tie a square knot. For the ascot (top right), fold square in half three times. Drape around neck, flip one end over the other and make a loose knot.



SHOULDER SHAWL

An extra-large square scarf in wool or a wool blend is perfect for adding punch to classic jackets, coatdresses, suits, a skirt and blouse, and bulky sweaters. Look for a richly colored floral, plaid or jacquard. Fold into a triangle, and drape over shoulder, securing the ends beneath a belt.



COLLAR TUCK

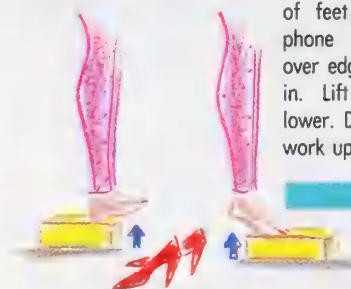
A wardrobe must: a bandanna-size chiffon or crinkle square in a bright shade—a great way to wear a touch of a trendy color. Scrunch into a loose oblong around neck, cross the ends over each other and tuck them softly in the neckline of a blouse or collared sweater.

Super calf shapers

For high heel—perfect calves, try these two muscle definers from NYC exercise pro Radu.

Heel lift Stand with heels on edge of a telephone book, toes on floor, feet turned out. Lift toes, hold, lower. Do twenty-five; work up to four sets.

Toe lift Stand with balls of feet on edge of phone book, heels over edge, feet turned in. Lift heels, hold, lower. Do twenty-five; work up to four sets.





Chalk It Up To Comfort

NATURALIZER®



Six years ago she nearly died in an accident that left her permanently in pain. But today, she has a newfound tranquillity, a new home and a newly revitalized career

Eileen Brennan's new life

It's been a long, hard road for Eileen Brennan, but she's finally come home. Left behind are the years of therapy and addiction to painkillers after a near-fatal accident in 1982. Also left behind—her fast-paced city lifestyle and a longtime home in Los Angeles. Today she is the happy resident of Ojai, a sleepy little town with tree-lined streets and unpretentious homes some ninety minutes north of Beverly Hills. “Those who want nightlife head straight through here and on to Santa Barbara. But if you like serenity, this is the town. I had always thought I had to live in Los Angeles. It’s where I was born, where I grew up. It is where the work is.”

But in this case, always doesn't mean forever. After the accident and the personal trials that followed, her outlook on life changed, and Eileen *(continued on page 36)*



Her trendy L.A. days behind her, Eileen prefers the low-key rhythms of a smaller town

By Jenny Cullen

Lenox.



Shown smaller than actual height of 8" (including base).

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a powerful emotion. It increased my determination to go under, to get well." But she didn't have to fight alone. She had some pretty strong seconds in her corner. The team included her two sons, Sam and Patrick (Patrick was just eleven and ten at the time of the accident, and plenty of friends, including Goldie and actress/comedienne Carol Kane.

At first, in the hospital, Eileen was kept separated from her greatest source of strength: her sons. It was a difficult time for her, and when they were reunited, that made things even more painful. "I kept saying, 'Bring the kids. I want to see the kids.' But nobody would bring them for the first month. When they finally came, I saw what I must have looked like in their eyes. I could see it in their expressions. It jolted them. My dear Sam was afraid to come over to me." But come they did, they've been her main support ever since.

"My sons were extraordinary," she says. "All they taught me that the most important things in my life were my children. When I first came home from the hospital, I was very frightened, and Patty and Sam would bring their sleeping bags and spend the night in my room beside my bed. And later, there were times when I was angry or full of enormous self-pity, part of being hooked on pills—painkillers—and the kids got to a point where they'd tell me that they just knew I was going to be right, and they'd walk out of the room. They'd say, 'Work it out—you've come through all this, and we know we can depend on you getting through the rest.' They treated me as if I really did have the strength, and, of course, that gave me the strength. Absolutely."

Now the accident is nearly six years in the past. Eileen Brennan has learned to live with sporadic pain and to overcome her devastating addiction to the drugs.

■ EILEEN BRENNAN

continued from page 32

needed physical evidence of that change. "So I put my house in Los Angeles on the market, even before I looked for one here in Ojai. I just knew it was right. I saw this place in June last year. It was the same as today. The sun streaming in. Everything was blooming. I walked in, and I just knew it was right. It felt so good. I felt as if I had come home."

Her new home is typical of the neighborhood and very different from her old Los Angeles house. It is surrounded by tall, aged oak trees and wisteria in full-scented bloom. Inside, there are hardwood floors and comfortable country furniture. The classical music softly playing is in keeping with the philosophy books that have provided the structure for Eileen's new outlook on life.

With the move to Ojai, Eileen was able to begin to close a dark chapter in her life story and start anew. The bad chapter began on the night of October 27, 1982. Shortly after the success of *Private Benjamin*, its two stars, Eileen and Goldie Hawn, were out enjoying dinner together. The evening ended abruptly, however, when Eileen stepped out onto a temporarily darkened street in Venice, California, and into the path of an onrushing car.

A rage to live

Eileen's legs were smashed, all the bones on the left side of her face were broken, her left eye socket was shattered, and it seemed impossible she would survive. But she didn't just survive. She fought her injuries with what she describes as rage.

"I was no saint," she insists. "I was angry, and anger is

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helped her deal with it. In the process, she developed a philosophy that allows her to deal with life, happily, and one day at a time."

"One of the things I learned since the accident is to live in the moment," she explains. "I have to consciously work on this—really work—but when something like my accident occurs, you discover that everything is precious. Every moment." Now she can even say, "I am grateful for what happened; it changed my priorities."

Eileen works out daily and pushes herself. "I treated myself too gingerly," she explains. "Not initially, but in the last two or three years. And I know I used the accident as a crutch, saying 'I can't do this,' and 'I can't do that.' But now I am back to really working out. I go to a gym up here that is so different from those places in L.A., where it's all what you wear and everybody puts on full make-up. There are maybe three or four people, and a guy there has worked out a special exercise routine for me. I can't kneel, you see. I've gotten the flexion in my knee back, but the bones in my legs are deformed a little bit. Well, I love working out, and I'm getting thinner. I am not nearly so hard on myself now. I don't feel I have to do what I did six years ago when I was in great shape. I just take a little bit a day and do it regularly and with discipline, and I know it will pay off."

A relaxed outlook

Today also, Eileen says, she is no longer in competition with the world. And she has stopped feeling compelled to get on the gloves and swing at herself in the mirror. She's happy with who she is. "That's one thing I've learned," she says. "I'm no longer driven. I know you can do anything you want to do, but I don't want to compete any-

more. I am not sure whether that's because of the accident or just a question of age, of maturity. I hear some of my younger friends who are in this business getting so full of angst about this role or that role, and I wonder when did all of that fall away for me? Was it the accident, or was it turning fifty?"

For most people, a fiftieth birthday is as climactic as the passing of a close friend or relative, but at the time, Eileen had other things to worry about. The birthday came two years after the accident, and the same year she entered the Betty Ford Center to cure her addiction to painkillers. "I was dealing with so many other things at that time, I never even thought about turning fifty," she explains. "The accident took away so many worries, so many things I used to be concerned about: getting older, being alone, not getting such and such a role. I just giggle at that now. It is no longer important in the same way."

Just because Eileen's approach to her troubles has changed doesn't mean they've gone away. Her acclaimed television series with Ed Asner, *Off the Rack*, was canceled in 1986 after only six episodes. But while disappointed, she didn't treat it as a life-threatening situation. And despite the cancellation, she's proud of the show.

Off the Rack was quickly put behind her and replaced with plans for a new series, *Off Duty*, a comedy-drama. "It's a wonderful role with marvelous people and great scripts. It has a feeling like *Frank's Place*—you laugh, but the show is much more than a comedy. I'll probably have to be down in Los Angeles only two or three days each week, and that suits me." She lets out a throaty laugh and says, "But the way I am now, everything suits me."

And today's Eileen Brennan suits her friends and peers in Hollywood just fine as well. A good example of their commitment is a movie role that was (continued on page 41)

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EILEEN BRENNAN

continued from page 37

ted specifically for her by people cared. Last spring she appeared in film *Sticky Fingers*. The script was written for Eileen by good friends Me-Mayron (a star of TV's *thirty-something*) and actress Catlin Adams, ang Eileen's more difficult days, after the accident. "They wrote it n I was still walking on the walker on my canes," she explains. "It to get me back working, to get my dence back, and they waited for years until I could do it. That's dship for you. I have been surded by love. I have been so lucky." Eileen will also have a starring role in the current Columbia Studios film *New Adventures of Pippi Long-ing*, featuring Dick Van Patten. she is working on another concept TV series that she plans to write elf. As a basis for the show, she'll from her personal experiences drug addiction following the acci- "The series will be funny but also powerful. There are so many dif- t types of addiction—shopping, gambling, prescription drugs, coe and alcohol. s Bertrand Russell said, we get eted to dull the pain of life. But

once we accept that life is tough and painful, we can move on and grow and evolve. Once you turn that corner, anything is possible."

Family strength

Though Eileen now has greater inner resources than before, it hasn't made her immune to every form of stress life has to offer. "I am less scared of many things now, but I am not less scared of doctors. Of course, I know why that is. I was subjected to doctors for three to four years. And I know that I don't want any more physical pain. I hate it—for me, for anyone."

She also worries about her two sons, who are anxious to get driver's licenses and cars of their own. "Both Sam and Patty are taking driver's ed at school. And to me, having a fifteen- and a sixteen-year-old driving is very scary," she says. "Obviously, I feel that way because I was hit by a car. I know my sons are more careful than most kids—after all, they saw me literally come back from the dead. But I'm still scared about them driving. I've told them they are not getting a car until they are eighteen, not a minute sooner. But I still worry."

Today, the new Eileen is even thinking she might want to get married

again. Her marriage, to poet/photographer David Lampson, ended in 1975, although the two have remained firm friends. "I never thought about marrying again until very recently," she says. "Maybe I am thinking about it now because of the profound changes in myself; my wanting to give so much, my wanting to share. It's not that I've met anyone, but yes, I think about marriage now—positively!"

Eileen looks back on the past few years with a degree of wonder, pleased and content she has found a measure of peace in the wake of adversity. But she is equally adamant in stressing that tranquillity has not been found without a struggle. "I have to make that clear, lest everyone assumes I just sit here in Ojai being serene, and as the old song goes, 'letting the rest of the world go by.' That is not my style, not at all. To be at all peaceful takes a great deal of work and energy. I work at it, and I work harder and longer than ever before. I reach out more, and I am aware of each day, each person, each book, each flower, each silence, each moment—the dark moments as well as the light moments. I love the process, and I love the paradox of life. It's a kick. That's what I have learned. These days, I am addicted to prevailing, and I know I will." ■

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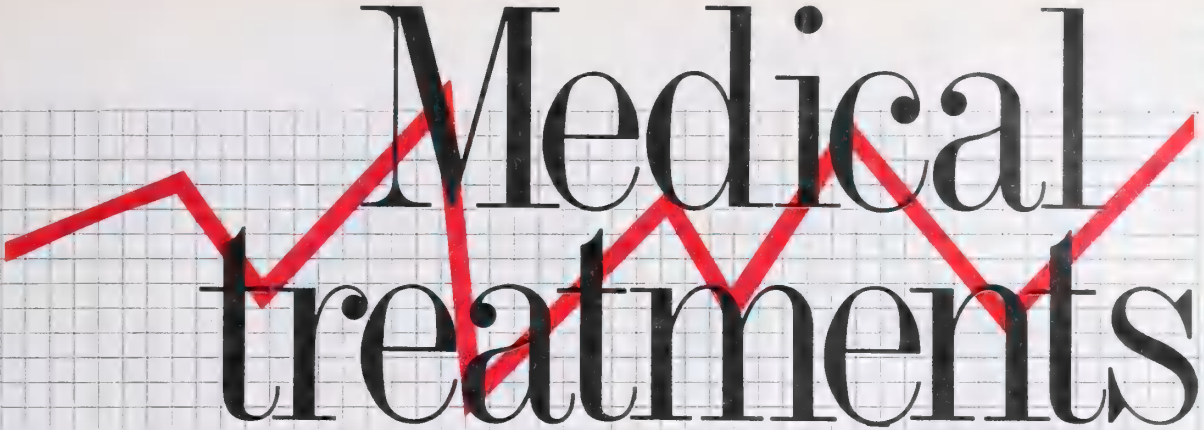


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Medical technology is evolving today at an unprecedented rate. Procedures and treatments that would have seemed like science fiction ten years ago are now reality. But all too often, it is difficult to obtain a simple explanation of these complex matters from our doctors. Here a physician outlines, simply and clearly, the newest achievements in medicine.

A better diagnosis

X-rays are excellent for the analysis of simple anatomy, but they have limitations. A variety of scanning procedures developed in recent years, however, give doctors a more accurate view of the internal organs.

Computerized axial tomography (CAT or CT) scan

This procedure, first used to diagnose brain tumors and strokes, has revolutionized diagnostic radiology with its ability to detect abnormalities that X-rays, which are

two-dimensional, often do not reveal. The CAT-scanner, now also being used to examine the spinal cord, bones and internal organs, rotates around the patient, taking X-rays that are fed into a computer and analyzed. The result is a three-dimensional reconstruction that provides numerous cross-sectional, or transaxial, views.

Digital subtraction angiography (DSA)

A combination of television and high-speed digital computer technology, DSA evaluates the coronary arteries, the heart, the kidneys and other internal organs. A dye is injected into the bloodstream, much as in regular angiography. But in DSA, the resultant image is analyzed by a computer that automatically subtracts all superfluous X-ray images such as those produced by bone and soft tissue. The image produced provides a simpler, clearer picture than that given by conventional angiography.

Magnetic resonance imaging (MRI)

A noninvasive, multidimensional imaging technique used to diagnose strokes and tumors, and heart (continued)

By Bruce Hensel, M.D.

(continued) and bone problems. (The procedure used to be called nuclear magnetic resonance, or NMR, although the test is nonradioactive.) During MRI, bursts of energy from a radiofrequency transmitter are directed at cells within the body, producing a multidimensional picture on a computer screen. MRI can detect conditions that might be missed even by CAT scans.

Positron emission tomography (PET)

In PET, substances such as oxygen or sugar are made radioactive and injected into the bloodstream. They then emit gamma radiation during the few minutes they remain in the body. The PET scanner, analyzing these emissions, produces an image of the internal organs so doctors can examine the patient's blood flow and metabolism. Since a change in metabolism is often the first change during a stroke, the PET scan, like MRI, may eventually be able to diagnose a stroke earlier than a CAT scan. The PET scan has also recently been used to determine whether a patient's coma is irreversible.

Single photon emission computerized tomography (SPECT)

This procedure combines some features of CAT and PET scans. Radioactive tracers such as thallium are injected and carried to internal organs, where they indicate an illness or a condition, such as a brain tumor or a blocked coronary artery. An X-ray machine rotates around the patient, providing an image that can be analyzed by computer.

State-of-the-art procedures

Fiber-optic endoscopy

The general name for several procedures in which a tiny, hollow fiber-optic tube, or endoscope, is inserted into the body through an incision or one of the natural body openings. Fiber optics are thin, transparent tubes along which light can travel. You may have seen a group of these filaments used to make a "light bouquet" in a vase. Even finer fiber-optic filaments are used in medicine, when a microscope is attached to the fiber-optic endoscope. The types of endoscopy include *laparoscopy*, used for the diagnosis and treatment of endometriosis and ectopic pregnancies, and for performing tubal ligation and in vitro fertilization. The endoscope is inserted into the abdominal cavity through a small incision around the navel, and the fiber-optic microscope can be used to examine the cavity, take tissue samples and perform delicate surgery. A *fiber-optic bronchoscopy* is performed

to diagnose lung tumors and infections, to administer medication, and for minor surgery on tumors and abscesses. In this procedure, the endoscope is guided through the nose or mouth into the passages of the lung, or bronchi, while the patient is under local anesthesia. An *arthroscopy*, in which the tube is inserted into a joint, is used to repair tendons, remove foreign bodies and treat infections. It can also be used to treat injuries of the knees, shoulders, wrists and ankles.

The immune system

Immunology is in the news these days, and understanding the immune system and the terms used to describe it will help clarify the headlines. Our immune system is the body's first line of defense. When we are invaded by a substance or an infection, we protect ourselves by producing antibodies—new cells and substances to repel the invasion.

Autoimmune disease

One of the important characteristics of the immunological system is that it can distinguish between "self" and "nonself"—so that we don't produce antibodies against ourselves. But in an autoimmune disease, the immunological system is disrupted, and the antibodies attack their own cells. It is unclear how this disruption occurs, but some people are more susceptible than others because of genetic factors, and environmental factors and infections may also play a role. Rheumatoid arthritis is an autoimmune disease, and diabetes and hepatitis are considered partially autoimmune.

Autologous transfusion

This is a transfusion of one's own blood back into the bloodstream. This can be done immediately (during emergency-room treatment of a gunshot or auto-accident wound, when blood is collected and returned to the patient's body by a machine called an autotransfuser) or at a future date (with frozen blood or with blood donated ahead of time). Since the blood is from the patient herself, autologous transfusions are never rejected. Because of increased concern over AIDS and hepatitis, this procedure is preferred by many patients.

Allograft autorejection

An allograft means a graft, or transplant, from one person to another, and allograft autorejection occurs when the immune system of the recipient tries to reject the transplant organ or tissue. To lessen this risk, surgeons try to match the blood type and tissue type of the donor and recipient as closely as possible. (continued)

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Are all antacids rich in calcium?

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Even though most calcium supplements contain calcium carbonate, this does not necessarily mean they are all the same. For example, laboratory tests* prove that Tums tablets are totally dissolved in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it's not delivering the maximum calcium benefit to your body.

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MEDICAL TREATMENTS

continued

(See the following entry, on histocompatibility testing.) They also use medication to suppress the rejection response. But those drugs also decrease the body's ability to fight infections, so physicians must maintain a delicate balance between helping a transplant to be successful and avoiding other complications.

Histocompatibility testing

This is done before a tissue or organ transplant to determine if the donor and recipient are compatible. The procedure examines the compatibility of four points known as HLA (human leukocyte antigen) areas. The more HLA areas that are alike between recipient and donor, the more likely it is that the transplant will be successful.

Interferon

This substance was first discovered thirty years ago, but it is only now being used to fight illness, including different types of viruses. Interferon, a protein released from the cells of patients infected by a virus, is believed to work by stimulating cells known as T-cells to fight the infection. It is currently being produced in large quantities by laboratories using genetic-engineering techniques.

Interleuken 2

Used to fight cancer, this substance may improve the body's ability to defeat the disease by activating certain cells in the immune system that are known as leukokinen-activated killer (LAK) cells. Pulmonary- and liver-cancer patients have been treated with interleuken 2 and an interleuken 2-LAK solution have shown some improvement. Like interferon, interleuken 2 is produced by the body in response to infection, but it can also be manufactured in quantity in a laboratory as well.

T-cells

Part of a healthy immune system, these white blood cells are called T-cells because they are believed to develop in an organ called the thymus. Subcategories of T-cells include killer cells, T-helper cells and T-suppressor cells. T-helper cells are attacked by the AIDS virus, and the subsequent decrease in their number is responsible for many of the life-threatening consequences of AIDS.

Heart disease: newest weapon

The heart gets its blood from the coronary arteries. When we're young and healthy, the arteries are wide open, and blood flows easily through them. But over time, the

Finally... equal treatment for hands

passages may become narrower because of fatty deposits, increasing the risk of a heart attack.

Thrombolysis

An innovative treatment used to abort heart attacks. Medication is injected into a blood vessel during the heart attack and is carried to the coronary artery where a clot is blocking the blood flow. The drug dissolves the clot and saves heart muscle from dying. The two thrombolytic drugs in use now are streptokinase and TPA. Either one must be injected within a few hours of the onset of chest pain. But these medications are not for everyone: They are not used on patients who have had recent strokes or recent surgery, or who have a tendency to bleed excessively.

Intracoronary balloon angioplasty

Used to aid thrombolytic medicines in treating heart attack victims and in the treatment of severe angina. A long, thin tube with a tiny balloon on its tip is inserted into a blood vessel in the arm or leg. Through X-ray guidance, it is positioned in the coronary artery where the blockage has occurred. The balloon is then inflated, flattening fatty plaque and allowing blood to flow freely again. This technique requires a shorter hospital stay than bypass surgery. But research indicates that the blockage is more likely to recur than with bypass surgery. Still, it is a significant advance.

Beta blockers

In many organs, including the heart, hormones work to stimulate or retard activity. Beta blockers stop some of the effects of these hormones, preventing them from placing excessive demands on the heart. Beta blockers are effective in treating high blood pressure and angina, in which the heart's oxygen demand may exceed its supply.

Calcium channel blockers

New medications used in the treatment of heart disease, particularly angina, and high blood pressure. The heart muscle needs a certain amount of calcium flowing into it in order to contract with every beat. Calcium channel blockers such as verapamil hydrochloride, nifedipine and diltiazem hydrochloride help regulate the flow, controlling heart rate, blood pressure and the strength of contractions.

Cancer: detection/treatment

Oncofetal antigens

In fetal tissue, there are a number of antigens (substances capable of stimulating an immune response) that (continued)

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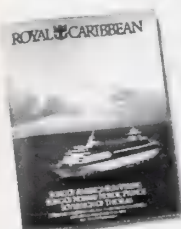
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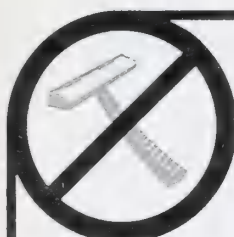
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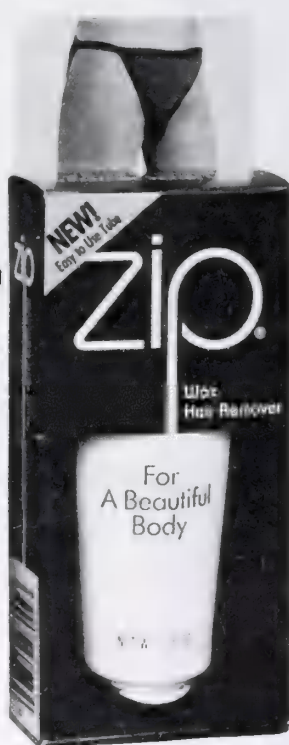


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■ MEDICAL TREATMENTS continued

disappear almost entirely in healthy adults. If these substances are found in large quantities in an adult, it is an indication of diseases such as bowel or liver cancer may be present, and further tests are needed. Doctors also monitor the oncofetal antigen levels in cancer patients to determine the effectiveness of the treatment they're receiving for the illness.

Proton beam acceleration

This new therapy, which uses protons rather than X-rays in the treatment of certain cancers, may eventually replace X-ray therapy in cancer treatment. They are easier to direct than X-rays, and they do not damage the healthy tissue surrounding the area being treated, as X-rays often do.

Back and kidney problems: the nonsurgical options

Percutaneous lumbar discectomy

When a spinal disk (the spongy material between vertebrae) herniates, or is pushed out of place, because of injury, infectious changes in the bone, it is usually removed by surgery. But percutaneous lumbar discectomy can be a practical alternative to surgery. Under local anesthetic, a probe is inserted through the skin, and the disk is broken up and suctioned out.

Lithotripsy

This new procedure uses electrical waves to dissolve kidney stones. The patient is immersed in water, and shock waves are directed at the stone without harming surrounding tissues. (In a variation of the procedure, the patient is not immersed in water but lies on a water-filled cushion that acts as a conductor of the shock waves.) Lithotripsy is painless. But it is not for every patient, since the success of the treatment is dependent on the stone's size and location. For many patients, however, the procedure is a reliable, safe alternative to surgery.



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PSYCHOLOGIST'S JOURNAL

By Sonya Friedman, Ph.D.

IMPORTANT
INSIGHTS
INTO WHY
YOU
FEEL
THE WAY
YOU DO

SEPARATION ANXIETY

Once or twice a month I go out with friends to dinner or a movie. However, my husband seems quite jealous of these outings. I feel guilty leaving him behind, but I enjoy being with my friends. How can I resolve this?

Many spouses feel guilty about going out separately—but it's not only normal, it's also essential for couples to spend some time apart; this keeps them from feeling stifled in their relationship and satisfies their needs as individuals.

Perhaps your husband is feeling distanced from you emotionally or worried that your evenings out somehow involve men. Rather than give up your outings, let him know how important they are to you and assure him that your time away makes your time with him even more valuable. Encourage him to do something special for himself while you're out of the house.

SEXUAL FANTASIES

When my husband and I make love, I often fantasize about other men, such as celebrities or other good-looking males I've seen. Does this mean that I no longer find my husband sexually attractive?

All of us have sexual fantasies; they are a normal part of making love. For women, fantasies about handsome men or celebrities are common. They don't mean that you're dissatisfied with your husband. In fact, the heightened pleasure your fantasies bring can enrich lovemaking with your husband.

However, if you continually fantasize about someone who is part of your everyday life, such as a co-worker, it may indicate that you feel an emotional attachment to this person and that needs of yours are not being met. It could be a sign that you and your husband should work on your relationship.

ALLOWANCE BATTLES

My children receive an allowance for doing chores such as washing dishes or taking out the garbage. Now when I ask them to do anything—even to clean their rooms—they expect to be paid for it. What should I do?

Since your children associate all jobs with payment, they need to learn the difference between paid household chores and tasks that they do for their personal welfare, such as cleaning their rooms or picking up after themselves, which help them demonstrate their independence and self-sufficiency. Sit down with your children and make up lists of all their chores, dividing them into these two different categories.

Although there's nothing wrong with giving your children an allowance for certain chores, you can teach them that rewards don't necessarily involve money—praise them when they do well at any job and let them know what a help they are to you. A child's self-esteem grows when he understands that he has responsibilities and feels he's a contributing member of the family.

newsbreak child care vs. a happy marriage

Marital tension is more likely to occur in families in which the wife works, but not for the reasons you might think. According to a study at Pennsylvania State University, child care, not a wife's employment, may be the main source of problems in the relationship. "It seems that when wives work and husbands

have to take on more child-care responsibilities, husbands are dissatisfied," says Ann C. Crouter, Ph.D., a psychologist and primary author of the study.

Over three years, Crouter compared the differences in fathers' family involvement in dual- and single-earner marriages. She and her colleagues found that men in dual-earner families loved their wives just as much as men in single-earner households and that they approved of the fact that their wives worked. However, fathers in dual-earner families reported doing more than twice as many child-care duties, such as changing diapers and feeding their children, and experienced greater frustrations directly related to child care.

These men may be dissatisfied because they are experiencing the same kind of stress that women feel when they work full-time and take care of the kids. Not only that, working parents are so busy that they have little time to spend alone together, Crouter says. However, she adds that marital conflict is not inevitable in dual-income marriages. She advises working men and women to make a point of recognizing the extra demands they're putting on themselves and to set aside time to spend together—without the kids.

Sonya Friedman hosts Sonya Live in L.A. on CNN and is the ABC Talkradio psychologist.

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GRILLED SALMON SALAD

Prep time: 15 minutes
Cooking time: About 15 minutes

Dressing

- 6 tablespoons olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon each salt and freshly ground pepper
- 4 small salmon steaks, 1 inch thick (1½ lbs. total)
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups mixed salad greens
- 2 tablespoons capers, drained

Dressing: In jar with tight-fitting lid combine all ingredients.

Preheat broiler. Sprinkle salmon with seasonings. Place on a rack in broiler pan; drizzle with 1 tablespoon dressing. Broil 3 inches from heat source 7 to 10 minutes, until opaque. Turn

salmon and drizzle with some dressing. Broil 5 minutes more. In bowl combine salad greens, capers and remaining dressing; toss well. Divide among 4 plates; top with salmon. Makes 4 servings.

Nutrition information per serving: 390 calories, 29 gm fat, 29 gm protein, 3 gm carbohydrates, 727.5 mg sodium, 76 mg cholesterol.

PASTA SHELLS WITH CHICKEN AND BROCCOLI

Prep time: 15 minutes

Cooking time: 15 minutes

- 3 tablespoons salad oil
- 1 cup chopped broccoli
- ½ cup chopped onion
- 1 carrot, julienned
- 2 garlic cloves, minced
- 2 cups sliced cooked chicken or turkey
- 2 tomatoes, diced
- 1 teaspoon salt
- 8 ounces pasta shells or cartwheel macaroni, cooked
- ½ cup grated Parmesan cheese
- 2 tablespoons chopped parsley

In skillet heat oil over medium heat. Add broccoli, onion, carrot and garlic; sauté until tender-crisp, 10 minutes. Stir in chicken, tomatoes and salt; heat through, about 3 minutes. Serve over pasta. Sprinkle with Parmesan and parsley. Makes 6 servings. (continued on page 62)





You don't have to cut out your favorite foods
to cut down your cholesterol.

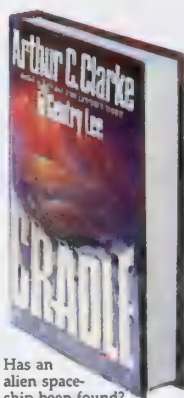
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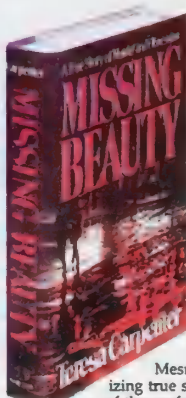
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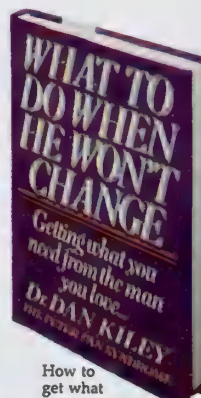
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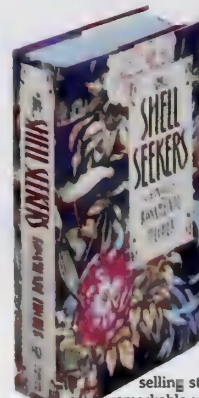
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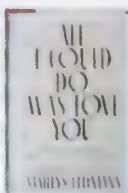


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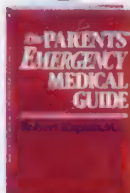
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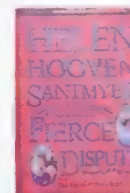
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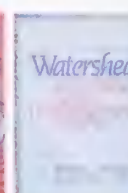
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9/88—LHJ-03-180

(continued from page 56) **Nutrition information per serving:** 330 calories, 12 gm fat, 21 gm protein, 33 gm carbohydrates, 502 mg sodium, 45 mg cholesterol.

BROILED PORK CHOPS AND ONIONS

Prep time: 10 minutes; cooking time: 20 minutes ○



2 medium onions, halved crosswise
 2 teaspoons butter or margarine, melted
 Salt, freshly ground pepper and sage
 4 pork loin or rib chops, $\frac{3}{4}$ inch thick (6 oz. each)
 Preheat broiler or prepare grill. In bowl combine onions with butter and a pinch each salt, pepper and sage. Sprinkle chops with salt and pepper. Place chops and onions on broiler pan or grill. Broil or grill 4 inches from heat source 20 minutes, turning pork and onions after 10 minutes. Makes 4 servings. (Note: Today's leaner pork chops cook quickly. *LHJ* suggests checking doneness after grilling 10 minutes.)
Nutrition information per serving: 340 calories, 24 gm fat, 27 gm protein, 3 gm carbohydrates, 89 mg sodium, 100 mg cholesterol.

SOUTHWESTERN BEAN SOUP WITH CHILIES

Prep time: 10 minutes ○
 Microwave time: 18 to 23 minutes (M)
 2 tablespoons butter or margarine
 1 onion, sliced
 1 large garlic clove, minced
 1 can (28 oz.) tomatoes, chopped
 1 can (19 or 20 oz.) kidney beans, rinsed and drained
 1 can (15½ or 16 oz.) pinto beans, rinsed and drained
 1 can (4 oz.) chopped green chilies, drained
 1 tablespoon chili powder
 $\frac{1}{4}$ teaspoon coriander
 1 cup shredded Monterey jack cheese, divided
 $\frac{1}{2}$ cup shredded Cheddar cheese

In 3-quart microwaveproof dish combine butter or margarine, onion and garlic. Cover with plastic wrap, turning back one corner to vent. Microwave on High 2 to 4 minutes, until onion is translucent. Stir in remaining ingredients except cheeses. Microwave covered on High 10 minutes; stir. Microwave 6 to 9 minutes more, until hot and bubbly. Stir in $\frac{1}{2}$ cup jack cheese and the Cheddar. Let stand covered 5 minutes. Ladle into bowls. Sprinkle some of remaining jack cheese over each serving. Makes 6 servings.

Conventional method: In large saucepan melt butter. Add onion and garlic; sauté over medium heat until onion is translucent, 5 minutes. Stir in remaining ingredients except cheeses. Bring to a boil; reduce heat, cover and simmer 30 minutes. Stir in $\frac{1}{2}$ cup jack cheese and the Cheddar until melted. Sprinkle with cheese and serve as above.

Nutrition information per serving: 315 calories, 14 gm fat, 17 gm protein, 33.5 gm carbohydrates, 1,172 mg sodium, 37 mg cholesterol.

MONTEREY FISH STEAKS

Prep time: 15 minutes ○
 Cooking time: 15 to 20 minutes

$\frac{1}{4}$ cup butter or margarine, melted
 1 tablespoon chopped fresh chervil or 1 teaspoon dried
 1 tablespoon fresh lemon juice
 1½ pounds swordfish, halibut or salmon steaks, $\frac{3}{4}$ to 1 inch thick
 1 teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper
 Lemon wedges, for garnish
Avocado Sauce
 1 small avocado, peeled and cut up
 $\frac{1}{2}$ cup sour cream
 1 teaspoon lemon juice
 $\frac{1}{4}$ teaspoon salt
 Few drops bottled red pepper sauce

Caper Sauce
 $\frac{1}{4}$ cup capers, drained
 1 lemon, peeled, sectioned, seeded and chopped
 1 tablespoon chopped parsley
 1 tablespoon butter or margarine
 $\frac{1}{4}$ teaspoon salt

Prepare grill. In bowl combine butter or margarine, chervil and lemon juice. Sprinkle fish with salt and pepper. Brush with butter mixture; grill fish 4 inches from medium-hot coals about 10 minutes. Brush again; turn and grill 5 to 10 minutes more, just until fish flakes with a fork. Serve with lemon wedges and Avocado or Caper Sauce. Makes 6 servings. (Note: In the *LHJ* kitchens the swordfish cooked in 10 minutes total. When cooking fish, it's best to judge doneness by appearance rather than time.)

Nutrition information per serving: 180 calories, 13 gm fat, 18 gm protein, 0 gm carbohydrates, 528 mg sodium, 57 mg cholesterol.

Avocado Sauce: In small bowl beat all ingredients until smooth. Makes $\frac{3}{4}$ cup.

Nutrition information per tablespoon: 35 calories, 3 gm fat, 0 gm protein, 1 gm carbohydrates, 50 mg sodium, 3 mg cholesterol.

Caper Sauce: In small pan mix all ingredients. Cook over high heat until hot. Makes $\frac{1}{2}$ cup.

Nutrition information per tablespoon: 15 calories, 1.5 gm fat, 0 gm protein, 1.5 gm carbohydrates, 193 mg sodium, 4 mg cholesterol.

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SPECIAL REPORT

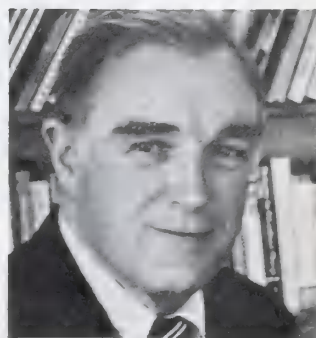
AMERICA'S 10 BEST SCHOOL PROGRAMS

Despite the depressing headlines that decry a crisis in public education, there are a number of schools where kids are really learning. LHM appointed a special panel of experts to find these high-achieving programs, which your child's school can copy

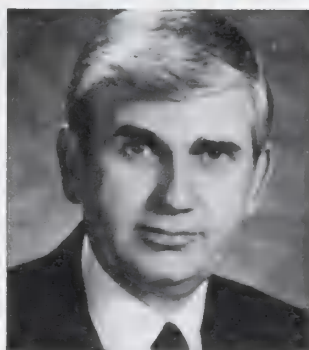
As kids go back to school this month, the debate continues to rage: Just how good is America's educational system?

Though many educators claim we still fall far short of our goals, LHM's experts believe there are a number of public school programs scattered across the country that are well worth watching. Thanks to dedicated teachers, administrators and parents, these approaches are solving some of our toughest *(continued)*

The panel (clockwise from top right): Harold Howe II is a senior lecturer at Harvard University and a former U.S. Commissioner of Education; Floretta Dukes McKenzie, currently a private educational consultant, was superintendent of schools for the



District of Columbia for seven years; Jeff Holte, a sixth-grade teacher in the Eden Prairie Schools in Minnesota, is one of the first Christa McAuliffe scholars; and Verne Duncan is the current president of the Council of Chief State School Officers.



By Anne C. Lewis

(continued) problems. Whether it's keeping dropouts in school, making sure all kids learn to read or giving them the skills they'll need in their careers, the top ten highlighted here represent the best ideas in education today—ideas that can be adapted for any school, anywhere.

Teaching preschoolers the joy of learning

Early Childhood Education Centers, Westside

Community Schools, Omaha, Nebraska

Should public schools help working mothers? While most of the country continues to ask that question, Omaha's Westside Community Schools have been doing just that since 1967. More than four hundred youngsters, some as young as eighteen months, are enrolled in the district-wide, year-round program, which starts at seven A.M. and runs until six P.M.



In the small rural community of Ortonville, Minnesota, a one-school town, children learn computers in kindergarten

Parents can choose hourly, half- or full-day programs, and they pay about \$60 a week per child. "If we could find a way to make it affordable—and we're working on it—we'd set up a center for infants, too," says principal Carolyn Law.

Why are parents paying for a public school program? Traditionally, public school systems have ignored prekindergarten youngsters. So the district came up with an innovative financing plan under which parents pay for the cost of the pro-

SPECIAL REPORT

gram, while the schools provide the space and maintenance for free.

Each of the program's six centers is carefully designed to stimulate learning: Art supplies are easily accessible to little hands; book corners with plump pillows invite beginning readers; and dress-up clothes and household props encourage creative play.

Want to know more? Contact Carolyn Law, Westside Early Childhood Centers, 909 S. 76th St., Omaha, NE 68114.

Why Johnny can read

The Reading Recovery Program,

Columbus, Ohio

Though most children learn to read in the first grade, others struggle through the primary years unable to break the strange code that will open up the world of education to them. Labeled nonlearners, they may never realize their full potential.

But now a three-year-old early intervention program, in Columbus, Ohio, is making sure no problem readers fall through the cracks. Reading Recovery targets such children in the first grade by intensive testing of any child who seems to be having difficulties. "We don't wait for them to become failures," says Mary Fried, reading consultant for the district-wide program.

Once a problem is diagnosed, children visit a reading specialist for half an hour every day. After an average of twelve to sixteen weeks, an astonishing 83 percent of participants are reading at grade level.

And the kids aren't the only ones who are learning from the program. Reading Recovery retrains teachers in reading techniques under a program funded by \$1.5 million from the state legislature. "Most teachers aren't trained to spot problem kids at an early age," says Fried. But the retraining program has been so effective, Fried adds, that "we haven't had to hire any new teachers."

Want to know more? Write to Gay S. Pinnell, Ph.D., Reading Recovery, Ohio State University, 200 Ramseyer Hall, 29 West Woodruff Ave., Columbus, OH 43210-1177.

Teaching kids to care

SerVermont, a statewide program

Do you think today's young people are interested only in themselves? Not in Vermont, where an innovative statewide program is instilling a commitment to helping others. High school students study their community's needs and then, (continued)

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(continued) after obtaining seed-money grants of up to three hundred dollars from the SerVermont program, go to work to help. Students at Wilmington High researched the causes for Dutch elm disease and planted a disease-resistant variety of seedlings. In Vergennes, students helped renovate a local shelter for the homeless, using the skills they had learned in an industrial-arts class. And fifteen students from Leland and Gray High School, in rural Townshend, built an aquarium and aviary for a local nursing home. Then, using what they were learning in biology, they cared for the fish and birds.

"What's unique about SerVermont," notes panelist Harold Howe, "is that the kids' projects are related to what they're learning in the classroom."

Want to know more? Write to Cynthia Parsons, coordinator, SerVermont, P.O. Box 516, Chester, VT 05143.

Teachers who really know their students

**New Trier Township High School,
Winnetka, Illinois**

Not all programs have to be new to be good; New Trier High's program is sixty years old and still worth copying. Today the school has about three thousand students, an enrollment large enough to overwhelm many teenagers. But that doesn't happen at New Trier because of an outstanding program of

SPECIAL REPORT

teacher-advisers who make sure every student gets individualized attention. New Trier teachers also act as advisers—hired for their guidance skills as well as their classroom ability. A small counseling staff handles the administrative tasks that often burden teachers, freeing the faculty to do what they're trained to do.

Every teacher-adviser is assigned twenty-five to thirty freshmen to shepherd through four years of high school. (Most school counselors are responsible for up to three hundred kids and never get to know them on a personal basis.)

"At New Trier, groups meet regularly for talks and feedback—which also helps kids form strong bonds of support for each other—and each adviser is responsible for the personal and academic progress of every student in his group," says Erle Lair, assistant to the superintendent. "If a student is having a problem, the adviser is there to help." Teacher-advisers also visit every student's home and meet his parents.

The teacher-adviser system costs the school 50 percent more than a regular counseling staff would. "But with a student dropout rate of one percent," says panelist Harold Howe, "it's worth it."

Want to know more? Contact Erle Lair, assistant to the superintendent, New Trier District Office, 3013 Illinois Rd., Wilmette, IL 60091.

Testing that helps kids achieve

**Monitoring Achievement in Pittsburgh,
Pittsburgh, Pennsylvania**

Ask a teacher what she thinks about standardized testing, and you'll be lucky to get a civil reply. Most feel there's far too much of it and that the tests, usually prepared by outside commercial companies, reveal little about what a child is—or is not—learning.

Despite the controversy, public schools in Pittsburgh have said yes to more testing but with a profound difference: Seven years ago, they pioneered a district-wide system, Monitoring Achievement in Pittsburgh (MAP), in which tests are developed by the teachers whose students will take them.

A committee of teachers and administrators draws up objectives for each subject at each grade level. Three or four times a year, short multiple-choice tests are given to check a student's progress, and parents are given clear, no-nonsense explanations of the results.

Explains Shula Sadock, Ph.D., director of testing for the city's board of education: "Instead of sending parents a computer printout with national percentiles and a bunch of statistics, we can show them—here's what we had hoped your child would learn in math, here's how he's doing and here's what it all means." These tests also help teachers check their own progress as well. "If seventy percent of the kids were (continued on page 73)



Above: Vermont high school students made an oversize checkerboard for nursing-home residents. Left: Portland, Oregon, students study many cultures



**INTRODUCING
THE FIRST
MORNING PAPER
FOR GRADE
SCHOOLERS.**



CALIFORNIA RAISINS: PROOF THAT A FEW WRINKLES DON'T MATTER IF YOU KNOW HOW TO BOOGIE.

Before everybody started thinking raisins were cool, adults had been eating them for a long time. Here's a whole bunch of new things for adults to make with raisins. Kids will probably like all of these dishes, too. (The raisin people are still working on a raisins and liver recipe just for kids. No-body is sure if it will work.)

SPAGHETTI SQUASH SALAD WITH PESTO

- 1 medium spaghetti squash (about 1 pound, 12 ounces)
- 1½ cups pesto
- ½ cup golden raisins, plumped in vermouth or warm water
- ⅓ cup pitted black olives
- 1 cup provolone cheese, in ½ inch cubes

Place the spaghetti squash in an 8x8x1½ inch baking dish with 1 inch of water. Bake at 400° for 1 hour or until the skin is slightly collapsed. When cool enough to handle, cut in half crosswise and scoop out seeds and dark yellow pulp. Using a fork, pull out strands of squash and place in a 4 cup bowl. Add the pesto, raisins, olives, and cheese. Mix well. Serve at room temperature. Makes 4 cups.

BREAKFAST PUZZLER ANSWERS

ACROSS	DOWN
2. Four	1. Grape
3. Carrot	2. Funky
6. Wrinkles	3. Cookies
7. Gloves	4. Wine
9. Marvin Gaye	5. Newsletter
	6. Watch
	8. Card

PESTO

- 2 cloves garlic
- ⅓ cup pinenuts or walnuts, toasted
- 2 cups basil leaves
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup grated Romano cheese
- ½ cup olive oil

In a food processor or blender, mince garlic and pinenuts, add basil leaves, salt and pepper and process. Add cheese. Add oil in a thin, steady stream. Makes 1½ cups.

BUTTERSCOTCH RAISIN BARS

- 1 cup all-purpose flour
- ½ cup lightly packed brown sugar
- ½ cup butter, melted
- 2 eggs, lightly beaten
- 1 cup lightly packed brown sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon baking powder
- 1 cup butterscotch chips
- ½ cup raisins
- ½ cup peanuts

Grease a 9x13x1½ inch baking pan. Set aside. In a small mixing bowl stir together 1 cup flour, ½ cup brown sugar, and butter. Press into the bottom of baking pan. Bake in a 350° oven 10 minutes. Cool slightly. Combine eggs, remaining sugar and flour, baking powder, chips, raisins, and peanuts. Pour over crust distributing evenly. Bake 22 minutes longer or until golden. Let cool and then cut in 1½ inch by 2 inch bars. Makes 36.

COUNTRY FRENCH PORK LOIN WITH RAISINS

- 1 cup raisins
- 2 cups white wine
- ¾ cup flour

- 1½ teaspoons salt
- 1 teaspoon cinnamon
- ½ teaspoon pepper
- ¼ teaspoon allspice
- 3 pounds boneless pork loin, preferably center cut, cut into 8 to 10 ¾-inch thick slices
- 3 tablespoons butter plus 1 tablespoon oil
- ½ cup whipping cream

Soak raisins in wine for ½ hour. In a plastic bag mix flour, salt, cinnamon, pepper, and allspice. Using a large skillet or sauté pan, heat butter and oil over medium heat until hot. Place pork slices in plastic bag with flour and shake to coat slices. Remove slices, shaking off excess flour. Sauté pork about 2½ minutes per side. Remove to an oven proof plate, tent with foil, and keep warm in the oven. Strain wine from the fruit and add wine to sauté pan. Reduce over high heat until 1 cup of wine remains. Add cream and raisins and reduce until sauce is slightly thickened. Add pork slices and heat through. Garnish each serving with some of the raisins. Serves 4 to 6.

VALERIE GOODBITE'S RAISIN RICE SALAD

- ¾ cup sliced almonds, toasted
- ¾ cup diced celery
- ½ cup sliced black olives
- ½ cup raisins
- ½ tablespoon chopped capers or 2 teaspoons chopped dill pickle
- 4 cups hot, cooked, converted, long grain rice
- ½ cup bottled Italian-style salad dressing

Combine almonds, celery, olives, raisins, and capers in a 2 quart mixing bowl. Stir

in hot rice. Pour dressing over mixture and stir well. If desired pack into a 6 cup bowl. Chill 2 hours. To serve, unmold onto a serving plate or serve from bowl. Makes 5 cups.

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TV personality
with good taste.**



AMERICA'S TEN BEST

continued from page 68

able to add double digits, then a teacher knows she needs a better lesson plan," says Sadock. It is a program that clearly deserves a high score.

Want to know more? Contact Paul LeMahieu, Ph.D., director of research testing and evaluation, Pittsburgh Board of Public Education, 341 S. Bellefield Ave., Pittsburgh, PA 15213.

How schools and businesses work together

Valued Youth Partnership Program, San Antonio, Texas

Although big business has traditionally shied away from any involvement in the public schools, over the last four or five years, things have changed dramatically. Now it's not unusual to see large national companies donating substantial sums to schools and their CEOs serving various school boards and commissions.

Why the surge of interest? Large numbers of unskilled youths reduce the available skilled labor pool, leaving American business vulnerable to better educated foreign competitors. Over the last decade heads of big businesses realized that if they were going to hold their own in the competitive world economy, it was to their advantage to help every child become fully educated.

This was the philosophy behind San Antonio's Valued Youth Partnership (VYP), funded by a \$100,000 annual grant from Coca Cola USA. A four-year-old citywide program specifically geared toward helping the local Hispanic community, VYP targets potential dropouts and provides them with intensive tutoring, counseling and extracurricular activities designed to highlight educational/career opportunities.

Typical of the VYP's 175 participants is Ricardo, a sophomore who was on the verge of dropping out two years ago. At Ricardo was asked to become a big brother to five grade schoolers and was taught how to tutor young children in basic math and reading skills. The teenager also went on field trips to local businesses to learn about places where he could eventually work; his parents, too, became more involved in the school. Last June, Ricardo graduated from high school; he beat the odds.

The program's success is no mystery to its administrators. Says Alicia Sosa, Ph.D., director of the program, "We found that when kids are given responsibility, when someone says, 'You can do it,' they become more responsible, and they can do it."

Want to know more? Contact Alicia Sosa, Ph.D., International Development Research Association, 5835 Callahan Rd., Suite 350, San Antonio, TX 78228.

Programmed for success

Comprehensive computer program, Ortonville, Minnesota

It too often, computer classes are limited to teaching the basics. But in Ortonville, a tiny rural town with just one school, students from kindergarten on up are at the keyboard each day, and they're not only working with commercially designed software. Instead, they're encouraged to come up with computer programs of their own. For example, one high school sophomore wrote a program to help farmers calculate returns on (continued)



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AMERICA'S TEN BEST

continued

stock investment, and a group of parents assisted in designing an off-administration system for the hospital that provided it with more efficient accounting and payroll management. Even the school itself has helped by its whiz kids; one student wrote a program that slashed the school's bill-paying process from a few days to a few hours.

The cost for all this burgeoning experience was less than \$50,000—a small price for a big return.

Want to know more? Contact Jay P.O. Box 247, 200 Trojan Dr., Orville, MN 56278-0247.

giving teachers a chance

Central Park East Secondary School,

Harlem, New York City

Even though they're on the front lines of education, many teachers have little to say in how their

school is run. But that's not the case at the Central Park East Secondary School, where teachers make vital management decisions. In the school, it is teachers, not administrators alone, who decide which books will be used, who will be hired, when classes will be scheduled and how students will be evaluated. In many schools, the principal would simply announce policy changes, and the teachers would do as they were told.

In Central Park East, part of the Coalition of Essential Schools, a nationwide group active in the school-reform movement, each teacher also acts as an adviser to twelve students a year, dealing with personal as well as academic development. Parents, too, are involved, meeting regularly with teachers and working closely to enhance their children's education.

The sense of community and shared purpose is palpable, says Haven Henderson, a teacher for the past four years in New York's public schools. "When teachers were together in other schools where I worked," she explained, "we talked about pensions, compensatory time and the custodians. But here we discuss what we do best—

how to educate individual kids, how to reach out to their families and make them part of what we're trying to do."

Want to know more? Contact Heather Lewis, director, The Center for Collaborative Education, 1573 Madison Ave., New York, NY 10029.

Learning from other cultures

The Multicultural/Multiethnic

Curriculum, Portland, Oregon

Today's first graders will be the first high school graduating class of the twenty-first century. By that time, experts predict, one third of public school students in the U.S. will be minorities.

For this reason, administrators in Portland believe it is essential to help children develop a respect and understanding of cultures other than their own. Drawing on the expertise of university scholars as well as members of different minority groups, they have developed a curriculum that focuses on the cultural and intellectual achievements of different groups.

In each subject—math, science, language arts, social studies, art and music—the (continued on page 194)

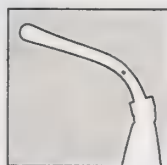
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STRATEGIES
AND
ADVICE
YOU CAN
USE
ON THE
JOB

The perils of perfectionism

Q It takes me longer than my co-workers to finish my work; yet I worry that I won't be promoted if I make mistakes, so I never present a report or even send a memo that isn't perfect. How can I change my work habits?

A In your quest to be letter-perfect, you are treating every task as equal, rather than concentrating on the most important jobs. Tackle your perfectionism by investing your time wisely. Instead of agonizing over each task, determine the payoff: Will you gain visibility? Will you further the development of a project? How important is this project to your boss? Will it help advance your career?

Don't let the fear of being less than perfect keep you from taking risks or acting on your hunches. Making mistakes will actually help you learn to excel in your job.

four ways to RISE & SHINE

Success in business is the result of being seen and heard, says Lester B. Korn, CEO of Korn/Ferry International, an executive recruiting firm, and author of the forthcoming book *The Success Profile* (Simon and Schuster). Almost two thirds of the senior executives Korn surveyed listed visibility as a critical factor in achieving success.

Here, four ways to spotlight your potential:

- **DON'T FORGET TO WRITE** Pen an article for the company newsletter. Send copies to your boss and his or her boss.
- **STUDY THE SITUATION** Sign up for a seminar or tackle a reading list tailored to the goals of your department. Offer to share new knowledge in a brief presentation.
- **SPEAK UP** Ask a good question at each staff meeting. Volunteer to speak in front of a business or professional group.
- **PUT IT IN THE MAIL** Communicate with senior managers with eye-catching news clippings, a letter from a contented customer or a brief note of congratulations whenever called for.

HOW I DID IT Women tell how they achieved visibility on the job

ANNA MARIE COCCIA, home economist, manager of the test kitchen at Thomas J. Lipton, Inc., Englewood Cliffs, New Jersey "To get noticed, it's important to take initiative. For example, if the test kitchen is not involved in a project I think we should be a part of, I make it a point to let the product manager know how we can contribute. And I never turn down any extra responsibilities or projects I'm offered. Another thing that helps me gain visibility: I try to encourage creativity—people in my own or other departments know that they can come into my office anytime and brainstorm and they'll get a positive response. By establishing good rapport with many people in my company, I've gained recognition for myself and my department."



SHARON ADAMCIK, administrative assistant in commercial loans at First City National Bank of Austin, in Austin, Texas "Being involved—in professional groups and in the community—helps give me visibility. For ten years I've been a member of the Austin chapter of the American Institute of Banking. I've made a lot of contacts this way, and I've kept on top of new developments in my profession. I also do volunteer work, which First City National encourages. For example, I'm involved in the bank's 'Adopt a School' program and this year helped with the local Special Olympics. This helps me get recognized, and it's very rewarding."



Barbara Mackoff is a corporate counselor, training consultant and lecturer, and the author of *Leaving the Office Behind* (Dell, 1986) and the forthcoming *Laugh Lines*.

PART-TIME professionals

Does everything about your job suit you—except the hours? Then you may decide to join the 2.7 million people who have chosen to work as part-time professionals, a number that has grown 40 percent in the last decade. "You can persuade your employer to convert your position to part-time by convincing him your job is a collection of tasks that can be subtracted or divided," suggests Diane Rothberg, Ph.D., consultant to the Association of Part-Time Professionals and co-author of *Part-Time Professional* (Acropolis, 1985). Her tips for negotiating a part-time position:

- Give your boss a concrete proposal. List specific tasks you'll continue to do.
- Stress the cost benefits of keeping you part-time; remind your employer of the expense of training a replacement.
- Offer solutions to your boss's objections. If he asks how to contact you in an emergency, say: "You can reach me through my answering service, and I'll call in during our busiest times."

Don't blame your dishwasher.

doing the best it can. But, sometimes everything you wash can come out with film, spots, detergent and other residues; some that are too small to see. For a more thorough rinsing you could add Jet-Dry® rinse agent.

Why?

During the rinse cycle, leftover detergent and other unwanted residues are circulated and redeposited on your dishes.

Your machine uses Jet-Dry to help rinse them off and give you shiny clean dishes.

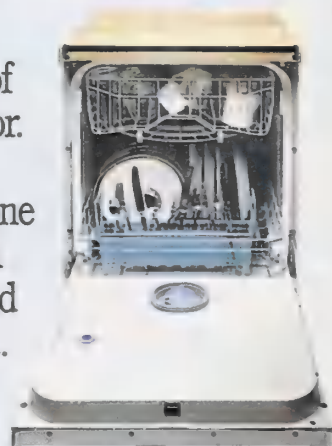
Take another look at your manual.

Leading dishwasher manufacturers recommend regular use of a rinse agent and most of

them specifically mention Jet-Dry.

Where?

Look on the inside of your dishwasher door. If it has a second dispenser (the first one is for detergent), you should pour in Liquid Jet-Dry® rinse agent. If your machine



dispenser, then you should buy Solid Jet-Dry, which comes in a basket that you hang from one of the racks.

When?

Once a month is all it takes. You either fill the dispenser or hang a new basket. Then you've done your part and the dishwasher does the rest.



Jet-Dry.
Rinses off residues
for shiny clean dishes.



Life has dealt Debbie some hard blows. But like her character Molly Brown, she's unsinkable!

Debbie Reynolds her way

Lunch and an interview with Debbie Reynolds is a lot like stepping into the "Belly Up to the Bar, Boys" number from her 1964 movie hit *The Unsinkable Molly Brown*. Instead of drinks, however, the five-foot-tall, fifty-six-year-old actress is serving up a strong but delightful mixture of wisdom, brass, humor and candor.

Ask, for example, how she feels now, more than thirty years after husband Eddie Fisher left Debbie to marry Elizabeth Taylor, and she says without bitterness, "I don't think Elizabeth ever loved Eddie. Her decision to leave him was a very good one. Richard Burton was one of the most interesting men alive." With a dismissive wave of her hand, she adds that she and Liz had dinner together years ago "and laughed about the whole situation. It's a life past, and you go on to other things."

Or ask about her relationship to Fisher. "Eddie and I are not close friends. We're simply acquaintances because of our children. I raised them. He did *not* contribute to their support."

Or how she feels about plastic surgery. "If you can afford it, and it's safe, sure. I had my neck done. Now it's falling

(continued)



The many loves of Debbie (from top left): first husband, singer Eddie Fisher; current mate, real estate developer Richard Hamlett; and her daughter, actress/author Carrie Fisher

By Jeff Rovin



How can you smoke a long brown cigarette?"

"Easy. I want more of a good thing."

1.1 mg. nicotine av. per cigarette by FTC method.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
SURGEON GENERAL'S WARNING: Quitting Smoking
Now Greatly Reduces Serious Risks to Your Health.



(continued) down again, and I'll have to go back."

Or ask about sex in the age of AIDS. Now *that*, to her, is serious—and she'll push her salad aside, lean on an elbow, point and lecture. "Listen, there are more women than men living in this world, and many women are going to have to face the fact that they might not have a sex partner. And there is an alternative to crawling the walls or just going out and picking someone up: You can actually learn masturbation. It's not sinful, and you should teach your children that it's all right."

At the next table, conversation stops.

"People should also know what a condom is," Debbie goes on—not to be shocking, but because she has a missionary's zeal about health. "I'm terrified for my daughter. She's pursued by attractive young men, and she's a human being. But today, people have to think about safe sex. People should know how to use a condom and why you need one. And this information should be publicly available, in magazines like yours. I mean, you can't ask your mother, and can you imagine a heterosexual father showing his daughter how to help a man put on a condom?" She laughs at the thought.

"God, in my generation, this wasn't even discussed," Debbie adds. "And if I said any of this to my seventy-six-year-old mother, she'd think masturbation was an appliance in the kitchen. Or a sealer for the bathtub."

The passionate opinion capped with humor—that's Debbie's style, her way of softening the harshest realities. Which isn't to say she takes them lightly. She's had to fight hard to overcome staggering adversity.

Debbie's career began at the age of sixteen, when she won the Miss Burbank title, in 1948. She was noticed by a talent scout from Warner Bros., and the studio soon put her under contract. After a series of minor films, she went to MGM, where she starred in such hits as *Singin' in the Rain*, *The Tender Trap* and *Tammy and the Bachelor*. Her records were also smashes, and her marriage to teen idol Eddie Fisher in 1955 made life perfect.

Then, four years later, Debbie suffered through her highly publicized divorce from Fisher. The following year, she married shoe store magnate Harry Karl, and her life took a different tack. She worked little, preferring to stay at home with children Carrie and Todd (from the marriage to Fisher).

Trying times

But the idyllic life was not to last. Karl mismanaged his business and Debbie's own finances, and lost his wife's personal fortune of \$30 million. At thirty-nine, she was broke. And though she and Karl divorced, papers she'd blindly signed made her liable for \$2 million in debts.

Debbie's immediate reaction to the stress was the same as it had been during her problems with Fisher, and as it is today: She simply went to bed.

"I need that," she says, unapologetically. "That's my clinic, my psychiatrist. I pull the sheets over my head,

and I won't open the door to anyone. I'll stay in bed for a week to rest and think about my problems, until I can say, 'They're mine and I'll deal with them.' When I'm rested, I can handle anything. But I have to take the time to cry and fall apart."

Debbie got out of debt by using her song-and-dance talents to bring the musical comedy *Irene* to Broadway in 1973. The show was a smash, and performing live opened up a fresh showcase for Debbie. She paid off her debts within three and a half years and came away from the experience with a new rule for her life: "Women should look after themselves. Those of us who are not good at business should study it. It cost me thirty million to learn that lesson—more than that, if you count what the money would have earned if it had been invested instead of wasted—but now I'm really excellent at finances and at judging people. If you're trying to do me in, I can smell you out."

Not long after picking herself up, Debbie was knocked down again. After a visit to her doctor in 1979, she was told that if she didn't have a hysterectomy, she'd be dead within the year.

"The real trial was not the surgery," she recalls. "I knew that I would live.

What was bad was that I wasn't briefed on how I was going to feel afterward. No one told me that I was going to have a psychological slump. No one told me enough about the physical problems, like the fact that I might bleed for weeks afterward. And nobody put me on estrogen, so I almost had a breakdown. Usually, when the ovaries are left, your estrogen is okay. But mine stopped, and no one checked. I was so depressed all the time, and I didn't know why.

All I can say is I learned that the most important thing is to have some loved ones around you for your recovery."

Less than a year after her hysterectomy, Debbie found herself back in the hospital—the result of a severe allergic reaction. "I had had crab legs for lunch and sole for dinner, and my body just rebelled after all the years of fish," she explains. "When you dance, you can't eat a big meal between shows, so I would have crab or shrimp or lobster, and my body just OD'd. Then I developed an allergy, for some reason, to *everything*. I couldn't—and still can't—have hamburgers, pizza, any pasta. No wheat, no barley, no chicken, no steak, no veal—and that kills me."

Debbie pushes her fork with disdain through the salad of lettuce, turkey and lemon juice. "Sometimes I'd do anything for a hot dog with onions and chili. That to me is heaven. But—uh-uh. I took a test after the allergic reaction and found out I was a mess as far as nutrients go. So I read about nutrition, about aging, talked to experts, and now I take a lot of calcium and magnesium. I think all women (continued on page 85)



Debbie works hard to stay in shape; she designed her exercise videos to help other middle-aged women

"I'll just grab something
on the way to work."

akes too much time."

"It's too much trouble."

verslept."



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(continued) should do that. We have very complicated bodies, and at any age we're constantly fighting depression and exhaustion. Then at menopause, I picked up eight pounds on my stomach, my waist, my arms, everything fleshy.

"I don't know how well I'd be if I hadn't been exercising since I was young," she adds. "In my family, arthritis is very big. I have real problems with my back, and because of so much dancing, my knees are weak. On top of that, I have curvature of the spine and a tendency toward osteoporosis. And now I'm told there's a virus called Epstein-Barr, and I have a mild form of that, an inclination toward fatigue."

Minding her own fitness

To help herself and other middle-aged women, Debbie put together two exercise videotapes: *Do It Debbie's Way* and the newest, *Couples Do It Debbie's Way*.

"When I travel, I take a VCR and my own tapes with me. At home, I also go on a treadmill and watch old movies. The thing is, I don't approve of aerobics classes. The teachers usually go too fast, and you don't get enough attention. When I see other women doing exercises wrong, I want to go over and say, 'No, hon, don't do it that way, you're going to hurt your back.'" Debbie's tapes are slower-paced, and her repartee is easygoing and entertaining, especially when she kids her husband, Richard Hamlett, or co-exercisers Dick and Pat Van Patten, and Tom and Patricia Bosley.

"I laugh every time I watch them," she says. "My husband is a klutz, but that's good. The reason I used men who weren't trained athletes is a lot of men are *not* coordinated, but they still need to exercise. Other exercise tapes are so unrealistic. Everyone is in sync because they're all hired dancers who've practiced for three weeks! Not us. We're unrehearsed, the men are uncoordinated—and we'll really help people who watch! I want to encourage people to get their heart pumping, no matter how they look while they're doing it."

Busy and optimistic, Debbie says she still gets depressed now and then, especially when she's on the road without her husband. She has been married to fifty-two-year-old Hamlett for four years and describes him as a "tall, gorgeous, workaholic real estate developer who is just so thoughtful and wonderful. God was kind to give me this man." Being away from him so much "is difficult, because I like when he holds me in his arms and we can share our troubles or talk." When she travels, she spends hours with him on the phone and the rest of the time exercises and reads. "I buy all the scandal rags—I think they're a kick—and I read all the women's magazines," she says. "And I read *everyone's* autobiography. I love everyone's story. Nosy Rosie, that's me."

Meaningful pursuits

Debbie currently spends forty-two weeks a year on the road with her act, dividing her free time between homes in Hollywood, Las Vegas and Virginia. Over the past year, working with tape recorders in hotel rooms, she has also written an autobiography, *Debbie: My Life*.

"Some people say it's painful doing a book, reliving moments that hurt. I didn't feel that way. You see, I *deal* with my life, I don't protect myself or hide from things, so thinking about them again wasn't painful."

She wrote it, she says, for two reasons: to show other women that it's possible to cope with crises and because "I didn't want someone else to write a book about me. Or if someone does, at least my version will be out. Now if I drop dead, it's all there."

Debbie's next big undertaking is a tour with a stage version of *The Unsinkable Molly Brown*. "I'll be doing a very tough role, with tumbling and dancing. I'll take three months to prepare, and I'll be like Mrs. Mike Tyson when we go on the road."

Yet that's only one of the many projects she has going. "I'm very interested in a lot of things," she says. Topping the list is a charity called the Thaliens, which helps emotionally disturbed children and adults. "This is very close to my heart, and it has been for thirty-three years," says Debbie, the group's chairwoman.

Nowadays, about the only thing that gets Debbie upset is if anything bad happens to Carrie, who is now thirty-two. Her son, Todd, thirty, is married, designs sound systems and writes scripts on the side. Debbie subsidizes him "because he's very creative; I know he'll make it. While he's young, I want him to have the chance. And he has a nice lady. But I worry about Carrie, because she doesn't have anyone."

Her daughter's short-lived marriage to singer Paul Simon was especially painful for Debbie. "Everything that she goes through, I go through triple, because I've already been there," she says. "And it makes me angry inside, very frustrated. But, like everything else, you deal with it. Your children live their own lives, and you let them know you'll be there for them."

That's how she dealt with Carrie's addiction to prescription drugs four years ago. Debbie has never talked to

the press about this but says now, "Carrie didn't want me to know that she had a problem, or that major a problem, and though she dealt with it, it's something we all went through. Carrie didn't used to listen to me, but she does now—she sees that if someone has worked hard and become smarter, there's nothing wrong with listening to that wiser person. I'm not a genius, but I'm experienced. And that's a valuable teacher."

Debbie has learned much from the painful lessons of her own past. "I had anger then, and I have it still. I'll probably always have it about happenings that were unjustified. I'm a Christian, and I believe that you should try to forgive. But if I'm hurt deeply—I don't forgive completely. Or if I forgive, I can't forget. But the important thing is that it didn't kill me. I have some money in the bank, my health is good, I don't look awful, I'm working steadily, and I'm treated with respect."

"It took a lot of work, but I turned my life around," Debbie goes on. "Thank God I have my work; I became independent. I survived, and that's what I'm all about. I don't ever want to be in a walker or a wheelchair, so I'll take my fifteen hundred milligrams of calcium each day and exercise. Aging just doesn't worry me. I'll go on fighting right to the end."

"Aging just doesn't worry me. I'll go on fighting right to the end."

COUNT ME IN

**What's in a Name?
More Than You and I
Ever Thought Possible**

By J.J. Leonard

4
1⁹ 3⁷ 5⁶ 9⁵

MARILYN MONROE
4 1 9 9 3 7 5 4 6 5 9 6 5
(38) 11 (35) 8 = 19 = 10 = 1

I admit it. I'm a skeptic. So it goes without saying that I find it difficult to accept concepts like numerology. How could the letters and numbers associated with my name and birthdate say anything at all relevant about me?

I may be a tough sell, but I don't like to leave any stone unturned—especially one that might actually help me in my personal life and career. So when I had the chance to have a numerology profile done I took it, in part to prove that my skepticism was well-founded.

I'd almost forgotten about the profile when the envelope arrived several weeks later. I flopped on my bed and tore it open, ready to laugh out loud at the stranger they described. The first paragraph made me sit up and take notice. By the third page, the truth had hit home loud and clear. This was no stranger I was reading about. This was me!

Still, it could have been a coincidence. So I convinced a friend to have her's done. Though we've been very close for over ten years, we're completely different. Our personalities, what we believe in, how we lead our lives, even our strengths differ. The perfect test.

We reviewed her profile together. It was nothing like mine. She was astounded as she recognized trait after trait. A couple of points required

reflection, but then she'd nod her acceptance of those, too. One passage evoked memories of her childhood, and she told me about being confused and a little scared of the acute awareness that she'd harbored even as a kid. It had set her apart from the other children who didn't share her capacity for perception. Two pages later, there it was in black and white. The ability, the early fear... the works. "This is so weird," she said, with a gasp. "It's all right on target."

With new respect for numerology, I decided to find out more. After numerous phone calls, I managed to track down Matthew Goodwin, a nationally recognized numerologist, and the expert responsible for the profiles my friend and I had received. I soon discovered that Goodwin rates among the top in his field. Author of the definitive *Numerology: The Complete Guide*, he's also appeared on radio and television, and written a column on numerology for a Los Angeles newspaper. In the 16 years that he's worked as a professional numerologist, Goodwin has helped thousands to discover their strengths, weaknesses, deep inner needs and emotions. "Numerology allows you to help yourself by increasing your awareness of your own character, as well as your understanding of others and how to better deal with them," he says.

How does it work? It all starts with your name and birthdate. They are data base, from which a numerologist is able to describe you unseen. "Number values are assigned to the letters in your name," Goodwin explained to me over the phone. "By adding these—along with numbers in your birthdate—in a multitude of different combinations—a numerologist establishes your key numbers. He then interprets the meaning of these key numbers, which results in a complete description of your personal characteristics."

When I finally caught up with Goodwin in person, I immediately asked him how he became involved in numerology. After all, it's not your regular nine-to-five occupation. Turns out that he just stumbled into some 20 years ago. At the time, MIT (Massachusetts Institute of Technology) graduate was a partner in an architectural firm, responsible for hiring the new employees. He worked with an assistant who habitually voiced her evaluation of prospect applicants each time she handed out a new resume. He found that his comments—whether good or bad—pegged the individuals hired or not employed. "After a while I began to listen before I hired, rather than after," he says with a grin. "Her insight made a big difference in finding

at people."
 After two years, the assistant moved
 y. Before she left, though, Good-
 asked her to share the secret of
 success. The answer (much to his
 prise) was numerology. "The only
 y I could have ever believed in
 nerology was to see it work for two
 rs and never know what it was,"
 s Goodwin in retrospect. "If
 neone had tried to tell me about
 nerology prior to that experi-
 e, I never would have believed
 m."

oodwin's discovery of this sci-
 e of numbers may have been
 tling, but it was hardly new.
 nerology dates back thousands of
 rs. Its father, Pythagoras, was the
 ous Greek mathematician and
 osopher who developed the right
 ngle theorem that every high
 ool math student learns today.
 ing Pythagoras' time, however,
 nerology was reserved for rulers,
 o often used it when making crit-
 decisions.

ythagoras' role in mathematics
 y be the better-known, but his
 tribution of numerology is more

intriguing by far. And while the lat-
 er's mechanism remains a mystery, its
 revelations couldn't be clearer.

Among the people Goodwin has
 helped over the years, there was the
 30-year-old computer programmer
 whose numerology profile indicated
 that he'd feel more fulfilled in a career
 that emphasized communication,
 since that side of his character was
 strongest. He's now a psychologist
 who loves what he does. Goodwin
 recalled the rocky marriage which
 began to flourish once the husband
 understood his wife better, and a
 mother who was finally able to reach
 her 18-year-old son through discuss-
 ing the numerology profile she had
 done for him. Last, he shared the story
 of a teacher who devoted herself to
 everyone but herself; her numerol-
 ogy profile helped her change all that.
 Not surprisingly, both she and her
 family are happier.

Whether you use numerology to
 examine your life, take advantage of
 unexplored opportunities, confirm
 talents that in your heart you know are
 there, or simply figure out where to
 go next, it can be a penetrating tool

to help you better understand your-
 self. "Numerology gives you the whole
 picture," explains Goodwin. "You see
 all the diverse parts of your person-
 ality and how they uniquely come
 together to make the person you are.
 Through this complete view you're
 able to make the most of your
 strengths in a way that wasn't possi-
 ble before."

WHAT DO YOU ADD UP TO?

This is your chance to find out
 what numerology reveals about
 you. Though Matthew Goodwin
 usually charges \$80 or more for
 his expertise, he has agreed to a
 special arrangement for Ladies'
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INSTRUCTIONS for Birth Name: Use the **FULL** name given at birth,
 including the complete middle name if there is one. This is the
 name as it **exactly** appears on the original birth certificate. The
 exceptions: if there was a clerical error in recording the birth
 name, use the name you know to be correct, or, if you were adopted
 within **12 months** of birth, use the full adopted name instead.

BIRTH NAME:

First Middle Last

2. INSTRUCTIONS for Name Used Today: If you use several different
 names, indicate the **FULL** name with which you most strongly
 identify. That's usually the name you use with family and close
 friends. Sometimes, if you have strong career identification, it's the
 name used in your professional work. Only use the middle name
 (or initial) if you more strongly identify with it than without it.

NAME USED TODAY:

First Middle (only if used) Last

3. Date of Birth: Month Day Year

Address

State

Zip

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At 4½ she's reading 3rd grade books



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three years
beyond his present
age level... even
if he's a "poor"
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Reading is fun for Sarah—as it *should* be for every child. At age four-and-a-half, she's already choosing her own books at the San Diego, Cal. library.

She reads books many third graders find "hard going." Yet she won't enter first grade for another year.

Sarah is typical of thousands of children who learned to read with "Listen and Learn with Phonics"—a reading kit that actually makes reading fun.

"Listen and Learn with Phonics" was developed by a reading expert. It has been endorsed, after extensive testing, by teachers, schools, and educators.

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For example: Slow or average readers show sudden—often spectacular—improvement in reading and spelling. Older children often advance their reading skills several years beyond their age level.

Young "pre-schoolers" actually *teach themselves to read* by this simple but startlingly effective method.

WHAT OTHERS SAY

I am tremendously pleased. My 5-year old is reading very well and I plan to begin with my 4-year old. I am ~~am~~ glad I invested in this set. *Judy I. Gay, Stow, Oh.*

Last year I taught grades 1-4. I had a 6-year old boy who ~~was~~ in 1st grade reading 6th-grade words. His father ~~had~~ taught him at home using your set. The father donated the ~~set~~ to our school. I was thrilled because some of the children need a lot of extra help with reading and phonics.

Janet Griffin, Triangle School, Apex, N.C.

What a happy Grandma I am! Since I ordered a Phonics set and had it mailed to my granddaughter, Kim, and her 6-year old sister, they ~~are~~ both making A's in school. *Mrs. Clarence Sparks, Clearwater, Fl.*

Four ~~years~~ ago, I ordered your Phonics ~~set~~ for my 2 children; then, ages ~~4~~ and 5. They ~~are~~ now top readers and spellers in their class.

Mrs. Nancy Cook, Santa Paula, Ca.

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THE LHMJ ROPER POLL

of the American woman

the First Lady

What's the first role of a First Lady? We asked women nationwide what a president's wife should—and shouldn't—do when she assumes this important position



American women expect Kitty Dukakis (left) or Barbara Bush to be activists in the White House



How should a First Lady spend the majority of her time?

Fifty-seven percent of the women in our poll thought a First Lady ought to devote herself to special causes, such as AIDS education or fighting drug abuse. Others suggested she should:

- Be a low-key, supportive helpmate to the president (17 percent, and the preferred choice of women over sixty)
- Entertain and attend ceremonies (14 percent)
- Become involved in government affairs (5 percent)

Does the public have a right to know about the First Lady's personal life and problems?

Sixty percent of women said the First Lady's private life should be kept out of the public eye. Any exceptions to this rule? Nineteen percent said we should know anything about the First Lady that might affect the president or his reputation, and 8 percent thought the public ought to be informed about any change in her health. Only 6 percent of those polled said we should know—under any circumstances—all there is to know about her.

Do you think that a First Lady should ever publicly disagree with the president on controversial issues?

A substantial 69 percent said the president's wife should keep her opinions to herself; women over sixty and those earning less than \$25,000 were most likely to share this view. Twenty-five percent, however, thought the First Lady has a right to speak out in public, with liberals most likely to agree. Seven percent didn't have an opinion.

Do you have a question you'd like asked in our ongoing poll of the American woman? Send it on a postcard to: Roper Questions, LHMJ, 100 Park Avenue, New York, NY 10017

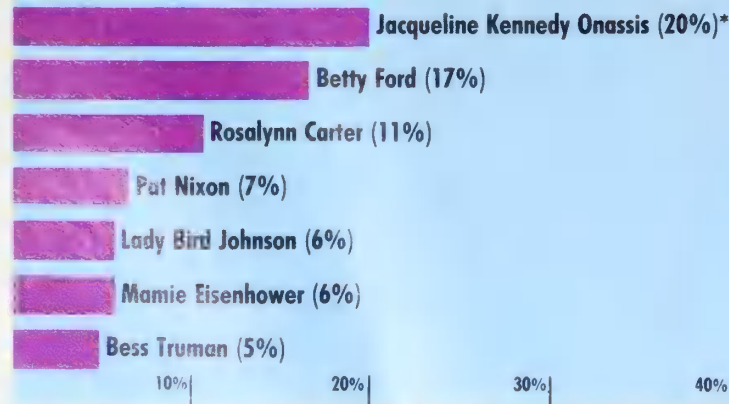
Should a president's wife give up her own active career when her husband enters the White House?

Yes, said 49 percent of respondents, who felt that having a career and a husband who's president don't mix. But almost as many—41 percent—thought the First Lady should keep working; women under thirty were most likely to prefer a First Lady with a career. Ten percent were undecided.

Which First Lady do you admire most?



Eleanor Roosevelt came out on top with 28 percent of the votes; not surprisingly, she was the favorite of Democrats and women over forty-five. Nancy Reagan was a close second at 26 percent, winning favor with Republicans and women under thirty. Other popular First Ladies:



*Percentages total more than 100% because respondents chose more than one answer.

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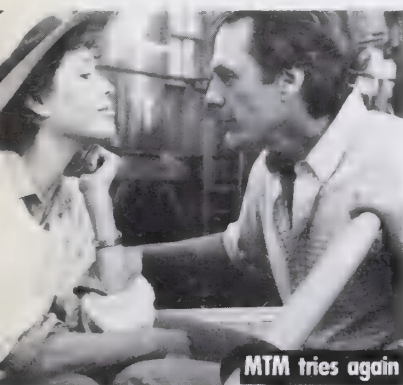
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HOT TV TRENDS

TV women come of age

Today's leading ladies on television have changed a lot since the days they readily admitted *Father Knows Best*. This season, which will begin whenever the writers' strike is settled, offers a crew of funny and feisty women.

Glamorous Candice Bergen brings her talent and beauty to the small screen in the new CBS sitcom *Murphy Brown*. It's an acting comeback of sorts for Candice, a bona fide Hollywood princess, the daughter of celebrated ventriloquist/comedian Edgar Bergen.



MTM tries again



She's no angel:
Kate Jackson on *Baby Boom*

quit drinking and smoking and turn over a new leaf.

In NBC's *Baby Boom*, Kate Jackson plays the role of J.C. Wiatt, which was created by Diane Keaton in last year's hit movie about a woman whose world is thrown into disarray when she inherits a baby from a long-lost relative. Best known as one of the original Charlie's An-

gels, Kate enjoyed success on CBS's long-running *Scarecrow and Mrs. King*. When the show was canceled in 1987, she said her next goal was to land a sitcom, and her wish quickly came true. Twice-divorced Jackson also announced her desire to adopt a child, and in a way, this show grants that wish as well.

As the undisputed queen of TV in the seventies, Mary Tyler Moore paved the way for TV's superwomen in the eighties. But her last series, *Mary*, was canceled in 1986, after only one season. Her optimism has returned with her new show, which is still untitled, on CBS.

As Annie Block, an assistant to a top government official in New York City, Mary has to play politics both on the job and at home with her conservative new in-laws.

"Annie's a lot like Mary herself," says Elliot Schoenman, the show's executive producer. "They've both been through a lot; they are women of maturity and control."

Mary's maturity came the hard way. Within a two-year span, she endured a divorce from TV mogul Grant Tinker, the suicide deaths of her son and a sister, and a stay at the Betty Ford Center to battle alcoholism. Today, however, she's happily married to

a cardiologist sixteen years her junior and confident about her new opportunity to be everybody's favorite again.

That's possible, but the word is that this season everybody's favorite might be housewife-turned-comedienne Roseanne Barr. As star of the ABC sitcom titled *Roseanne*, she always gets the last laugh either at home with the family or at her job in a factory.

While this is Roseanne's first series, she is no stranger to TV. The self-proclaimed "domestic goddess" has been a frequent guest on the Johnny Carson and David Letterman shows and on cable-TV comedy specials.

So if you're looking for laughs this season, never underestimate the power of a woman.

—MIKE HAMMER

Here's what the network programmers hope will lure you back to your set this season



A nose for news:
Candice Bergen's first series



Wisecracker Roseanne Barr
shows that mother knows best



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Linden: Al David Shoes
Livingston: Selby Fifth Avenue
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Millburn: Futter Shoes
Paramus: Globe Shoes

Joyce-Selby Shoes

Garden State Plaza
Selby Fifth Avenue
Plainfield: David Bruce Shoes
Princeton: Hulit's Shoes
Ridgewood: Jacobus Boot Shop
Union: Union Bootery
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HOT TV TRENDS

WHAT'S



Painful memories:
Reliving Vietnam on *China Beach*



Photos: ABC



Kid's-eye view:
Back to 1968 on *The Wonder Years*

Bringing home the baby boom

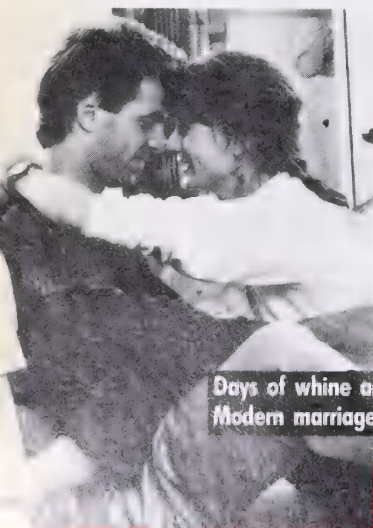
It's been said that people watch TV to escape from reality. But this season, the hottest shows are firmly rooted in real life—particularly the lives of baby boomers. They've become television's biggest and most important audience, and it's clear that what they want to see are shows about *themselves*.

Boomers-turned-couch-potatoes can see recreations of their childhoods on *The Wonder Years*, be reassured that others suffer similar work and family problems on *thirtysomething*, or remember the pain and suffering of Vietnam in the brutally intense *China Beach*.

The creators of ABC's *thirtysomething*, which kept boomers glued to their sets last season, say it's "about a generation that thinks it's the first ever to have children or buy houses or try to have careers. It's about birthdays, job

triumphs, illnesses, gossip, all the seemingly random moments in life that somehow add up to deep emotion."

The show features situations that viewers may well have experienced that week or even that day. The producers, Ed Zwick and Marshall Herskovitz, who are both in



Days of wine and roses?
Modern marriage on *thirtysomething*

their thirties and married, admit they often borrow program material from their own lives and those of the actors. Stars Ken Olin (Michael) and Patricia Wettig (Nancy) are husband and wife in real life, though not on the show. Wettig plays the wife of Olin's best friend and business partner, Elliot (Timothy Busfield). Olin's TV wife is Mel Harris, who is currently separated from her husband, former White House photographer David Hume Kennerly.

ABC's *The Wonder Years* takes its boomer audience on a nostalgic trip to their childhood days in 1968. The hook is that everything is seen through the eyes of a now "thirtysomething" narrator who reminisces about his day-to-day life at age twelve in a typical suburban household. Whether he's worried about running afoul of the school bully or how to ask a girl for his first date, his poignant or funny problems could easily have been pulled from the diary of nearly any junior high school student of the era.

The engaging young star of the show, twelve-year-old Fred Savage, is a natural actor who has never studied theater and prefers being "plain old Fred" at home or school. "I've had the same friends since I was two years old," he says of hometown life in the suburbs of Chicago. An actor in commercials since kindergarten, he made his film debut in 1985 in the critically acclaimed *The Boy Who Could Fly* and was seen in last year's smash *The Princess Bride*. He's also appeared in several TV films.

ABC's *China Beach* is also set in the sixties, but the nostalgia is not as sweet. Its locale is the blood-stained soil of Vietnam. But this is not so much a show about that war as it is about the people who experienced it.

"Nothing has yet been done on the TV screen to capture the intensity of personal lives behind the lines," says William Broyles, Jr., co-creator of *China Beach* and also the former editor-in-chief of *Newsweek* and a decorated Marine Corps Vietnam veteran. "In addition, the contribution of women in the war has never been fully explored."

Dana Delany, a TV actress who played Tom Selleck's girlfriend on *Magnum P.I.* and Bruce Willis's ex on *Moonlighting*, has the lead role of nurse Colleen McMurphy. "I'm very happy with the way women are portrayed in the show, especially my character," she says. "She's very strong, but she's still very much a woman. She ends up being a kind of mother to the other characters."

Which show will win the boomers' hearts and minds? Stay tuned.

—MIKE HAMMER

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HOT TV TRENDS



Will *Moonlighting* shine again?

The decline and fall of your favorites

With favorite TV shows, the first stage is infatuation: "I can't miss it!" Then, after a few years of the same old thing, our interest strays: "Let's see what else is on." This season, network execs, producers and stars are hoping to rekindle the spark on some of the shows that have lost their luster with fans.

The honeymoon seems to be over for the biggest favorite of all, *The Cosby Show*, which premiered in 1984. Once invincible, *Cosby* is now routinely knocked out of the number-one spot, sometimes by its spin-off, *A Different World*, starring Lisa Bonet. And this season, *Cosby* faces a new competitor—himself. *Cosby* re-runs will start appearing in syndication.

It may be that his public is simply getting tired of good old Cos and perhaps resentful of the megabucks he makes. "Cosby's audience is eroding," says Alan Wurtzel, senior vice-

president at competing ABC. Maybe. But the *Cosby* show has a secret weapon this season: Lisa Bonet's character will return on a regular basis from *A Different World*.

If smugness and predictability have cost *Cosby*, they nearly killed *Miami Vice*. In its heady first few seasons, the show's flashy look and music set trends. Then the fad began to fade, and the series turned to gimmicks: a rock-star marriage, the bride's dramatic death and finally a bout of amnesia for Don Johnson's character, detective Sonny Crockett. Rumor has it that another ratings-grabbing gimmick will be a guest appearance by Johnson companion Barbra Streisand. But, says Johnson with a smile, "I haven't heard anything about it."

Other favorites that have taken big falls include the prime-time soaps. Last season, *Dallas* dropped to number twenty-two. *Knots Landing* finished at thirty-two, *Dynasty* at forty-one and

Falcon Crest at forty-two. Of the long-running *Dallas*, star Larry Hagman insists, "We have a lot of pride. We still want to beat whoever we're up against." And forget the speculation that Hagman's new \$2.5 million New York apartment will mean more time away from the show. "I've got a nice view—three terraces," he offers. "But the living is good in California, too."

And might the sun be setting on *Moonlighting*? It shocked ABC last season by slipping out of the top ten. Stars Bruce Willis and Cybill Shepherd spent so much time away from the show in the last two years due to pregnancy, injury and film commitments that there were few new installments for audiences to look forward to.

Cybill says such talk makes her mad. "I read articles that said I was ruining the series because I got pregnant!" she fumes. "How can anyone believe that?"

Willis, who made \$5 million by moonlighting on the film *Die Hard*, also thinks the stars' problems have been unfairly trivialized. Besides, Bruce offers evidence that the show remains hot with viewers. "I still get women sending me their personal apparel and all kinds of photos," he says. Hmmmm. Maybe some falling favorites will indeed bounce back.

—RONALD L. SMITH



Have we tired of Crockett and Tubbs?



Can *Cosby* regain the top spot?

A Bird as Brilliant as a Shimmering Jewel



Actual size: 8½"
Limited edition plate

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their wings blaze with an iridescent green as rich as emeralds—their eyes glow like precious rubies. This pair of "Ruby-throated Hummingbirds" have been captured in a brilliant scene of columbines by Jim Landenberger—one of America's most honored and celebrated painters of birds.

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"Ruby-throated Hummingbirds"

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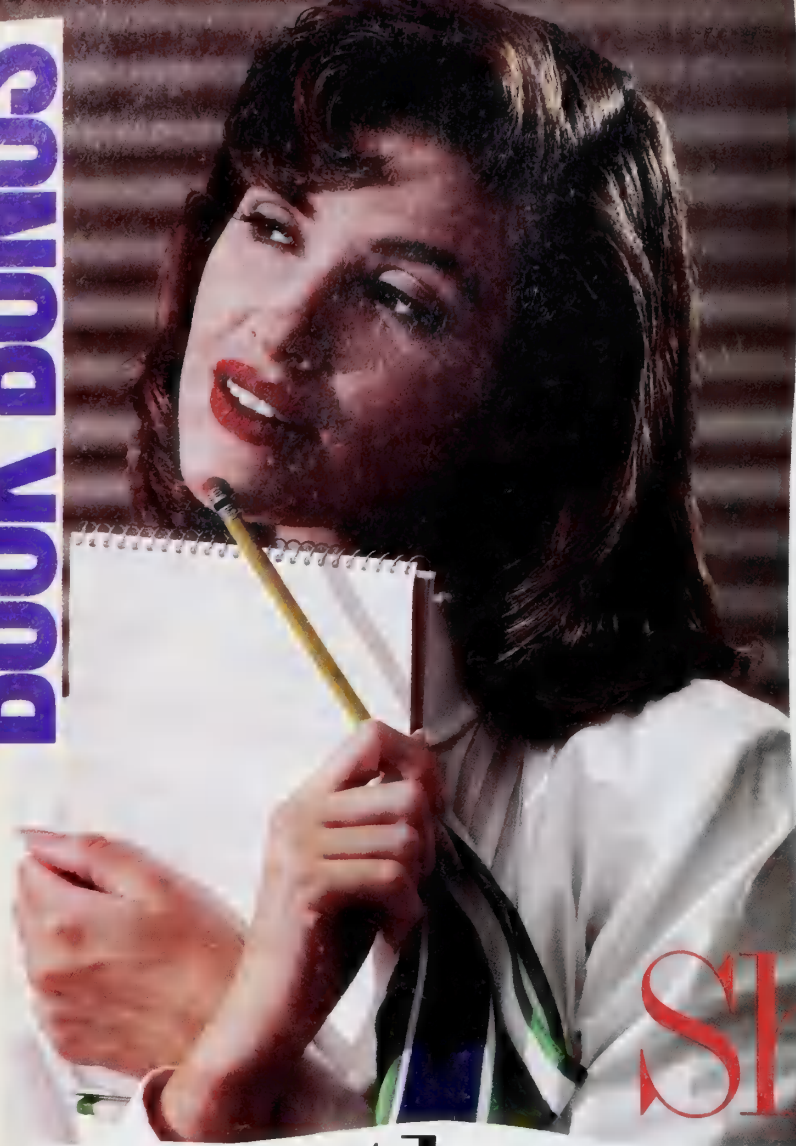
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John was the love of Linda's life. Too bad he didn't know she was alive. An irresistible excerpt from the new blockbuster by the author of *Almost Paradise*

Shining through

In 1940, when I was thirty-one and an old maid, while the whole world waited for war, I fell in love with John Berringer.

An office crush. Big deal. Since the invention of the steno pad, a day hasn't gone by without some secretary glancing up from her Pitman squiggles and suddenly realizing that the man who was mumbling "... and therefore, pursuant to the above ..." was the one man in her life who could ever bring her joy.

So there I was, a cliché with a number 2 yellow pencil: a working girl from Queens who'd lost her heart to the pride of the Ivy League. And to make matters worse, John Berringer bore absolutely no resemblance to the typical Wall Street international lawyer, the kind whose gray face was two shades paler than his suit. Sure, a girl could wind up losing her heart to one of those dreary men. There's nothing quieter than an old maid's (continued on page 104)



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By Susan Isaacs

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Doll shown smaller than actual size of 14" in height.



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SHINING THROUGH

continued from page 98

bedroom, and in that black stillness it's easy to create magic: A lawyer with the profile of a toad—*abracadabra!*—is transformed into an Adonis, pulsating with passion under his pinstripes.

But John didn't need any of that midnight magic to turn him gorgeous. The big joke in the law firm of Blair, VanderGraff and Wadley was how I could *not* have a mad crush on him. "You've got to be made of iron, Linda," one of the girls said at lunch, "not to go nuts for those blue eyes."

In private, my best friend, Gladys, said, "Listen, Linda, don't kid a kidder. I'm the first person to understand your not wanting to make a public announcement, but even if you don't care about looks, think about brains. I mean, you're always reading the papers and wanting to talk about—oh, God, you know—English naval power. Or French politics. I bet he loves all that boring stuff."

"It's not boring—"

"He's so charming," she cut me off. "He's like a blond Cary Grant."

"Gladys," I explained, "when you sit across the desk from the guy day in and day out, you realize he's *always* charming. It kind of wafts from him,

like B.O. He doesn't do a thing for me."

Naturally, I was lying through my teeth. But I kept my secret love a secret. I would not let myself (as his secretary) be honorary president of the John Berringer Fan Club. What I felt for John wasn't meant to be shared with the girls. It was precious, and different. Because I felt *I* was different.

It's funny, when I look back at that time, what I remember first is just a regular day—the last before my life slowly began to change. At home that morning, I put the old dented coffeepot on to perk and looked out the window. Nothing unusual: a dull white January sky. The attached houses of Ridgewood, Queens, six in a row, were as lifeless as cardboard cutouts.

At work, the view of Manhattan from the forty-sixth floor wasn't what you'd call thrilling either: New York looked gray, tired of itself.

In the office the radiator clanged, reheating the air it had already overheated. My face was flushed; my lips were so chapped it would have hurt if I smiled. And my sweater had fuzz balls.

But who cared? John Berringer, the man I loved, was there.

"Are you positive you gave me the Kunstadt contracts?" he asked. I walked around his desk and chair. His

hair gleamed gold and soft under light of his desk lamp. Suddenly imagined touching it.

"The contracts are right here, Berringer."

"Oh. Thanks." He paused, looked up and smiled. "What would you do without you?" Probably pick up telephone and call the employment agency for another bilingual secret. "You're the best there is, Miss V. You know that, don't you?"

I knew that what he was saying meant absolutely nothing to him. I guess what—I believed it anyway.

He picked up the contracts and, of course, forgot me. That was the end of my excuse to stand close to him. I went back to my seat and picked up my pen to take dictation.

I can see myself sitting there, like a spotlight. Pretty, really pretty if bothered to look close, but if I didn't—a secretary.

But in one way maybe I actually was different: I wasn't just some ordinary girl worshipping her boss from a distance, cherishing the very impossibility of her dream. See, I was a true devotee. I honestly felt I *deserved* John.

Sure, there were a few problems. Like the fact that there was a Mr. John Berringer.

I'd seen her only twice, but I

she'd worn those severely plain, tactically expensive dresses classy in magazines call simple. Nan never had no soft edges: no lace on her neck. But if that makes her hard, she wasn't. Even if you're an, aristocratic and intellectual, hard to be hard at twenty-one. Besides she was terrific-looking.

still, I knew I deserved him. If he to college, we could have had nt conversations. If only John what I really was inside, he love me. He would kiss me ex- he way I wanted to be kissed. He walk around to me, pull me up old me tight against him...

stopped dictating. "I have to be from the office the rest of the He sounded a bit stiff, but that obably because he was still talk-

German; sometimes when he d dictating a letter, he'd forget s still speaking it. "I hope you ave time to finish all the work I given you." Was his accent great!

accent was nowhere near so cotsy. It was pure *berlinerisch*,

sy of my grandmother. People s say that *berlinerisch* is to Ger- what cockney is to English. I d back into English, where I d as well-bred as I had in Ger-

hat is to say, as far from being a rbilt as a human being can get),

which I felt much more comfort- Really, that's okay, Mr. Ber-

I'll try to get everything done end of the week."

Wonderful!" he looked up at me. Voss..." He stopped for a second

k. I'd wait. While his mind was ace else, I could study him, his

ful mouth...

s Voss."

e, sir?"

anks. You can go back to your ow."

next day Linda learned the news Gladys: Nan Berringer was her husband to marry an- man. John was going to be free.

a Berringer could hardly bear s of his wife. He looked terrible, y, did that make me feel great.

gray circles appeared under his and their glorious deep blue glint

His glow faded. It's not that he still gorgeous, but now he was

us and in pain; you could see it. u know what I thought, watch-

suffering? Wonderful.

ow I sound like a monster, but I st hoping that as John got closer

end of his rope, he'd need some- grab him. And who better than

ere I was, only four feet away im in my good white blouse

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It was after seven, dark, silent. Nothing is deader than Wall Street at night and—sure, corny—it was as if we were the only two people left in the world. He'd loosened his tie a little, so I got a bonus: a couple of extra inches of neck, the smooth part, where he didn't have to shave. I would have loved to kiss him right there. I smiled; if I were the only girl in the world, maybe he'd let me.

He saw me smiling. So embarrassing. I couldn't decide whether to pass it off as a cooperative smile or, because it may have looked something more than cooperative, to make up a boyfriend: Sorry, Mr. Berringer, just thinking about, um, Joseph. Everyone calls him Big Joe....

"All right" he said, "let's get to work." I could have taken out my teeth and strung them on a necklace in a permanent grin; he wouldn't have noticed. "We still have the Hayn matter and..." His voice faded. He looked more than sad. He looked desperate, as if he knew his mind was somewhere in this room and his job was to find it.

That's how I knew what bad shape John was in. John's mind was always under control, whirring away like a perfect machine. But losing Nan...

And the work! It all must have been

too much. I felt as lousy as he looked. We came in before seven every morning and stayed late just trying to deal with the clients' fright about the war in Europe.

"Mr. Berringer?" I said softly. "I could come in real early tomorrow and we could finish the dictation then."

He just sat there, helpless.

"Mr. Berringer?" I whispered.

He'd forgotten he was handsome. He didn't remember he was charming. He'd closed his eyes and sighed, not trying to cover up how loud it was. "About six tomorrow morning," I said.

"Six," he repeated, but I wasn't sure if he got me.

"In the morning."

"Of course," he said at last. "Of course, Miss Voss."

It finally happened a short time later in, of all places, the Blue Elephant, the bar all the secretaries went to. You didn't have to put up with any who-do-you-think-you-are-coming-here stares, like in the fancier places. Also, the guys at the Blue Elephant bar were serious drinkers, almost always too far gone to think about girls. "Another?" the waiter asked.

I still had three quarters of my sloe gin fizz. It was so sweet, like a lime rickey, that it coated your whole mouth and made you want to run (continued)

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SHINING THROUGH

Continued

reaming for a toothbrush. It was y after six, and it looked like Glad- s a lost cause. She'd said, "If I'm not e Elephant by six, don't hang d." I gave up and paid the bill.

I passed the bar, I noticed one of en swing around and get up. I more than I saw, that he was ng toward me, and not too steady r. No big deal, I figured. This so pie-eyed he'll probably be us- is nose for a pillow by the time t the door, so I just kept going.

t fast enough. Just as I reached oor, a hand tightened around my Before I could say anything, the as next to me in the tiny dark ule. I felt his scotch breath hu- n my face.

sten, you creep . . ." I began, and oud, too. Nothing happened for a d, but then he backed off. He still onto my arm. I tried to tear it out grasp. "Let go." I put a watch-it- r glint in my eye. It faded fast. ust wanted to say hello," John nger said softly. "I'm all alone. I no one to talk to." I could see his mist over. "Do you know what ened to me?"

n sorry," I said, and eased my arm f his grasp. That moment my started up again. He'd actually touching me!

en he started to sway slowly.

ey," I said, grabbing his shoul- bracing him.

were so close then. In the red from the exit sign over the door- his face was flushed, steamy. ds of hair lay wet on his fore- "Are you okay, Mr. Berringer?" dn't answer. "Would you like me you a cab?" I asked him.

n all alone," he whispered. "Don't me away."

s had to stop, I thought, but I opened my mouth I didn't say e were actually touching, and all I think of was the feel of him, of egs touching mine. If anyone d by . . . I wanted to warn him, ere were no words. I looked up.

mouth came down and right I was kissing him back. And sud- that kiss became all there was in orld. It went on and on. I was -one years old, and this was the ime I was alive.

u're so beautiful," he said.

gic. That's what happened be- John and me. From the first knew all my imaginings were Later, I knew that in that ugly bar, drunk, lonely, tired, his de- s worn down, he'd somehow felt agic, too.

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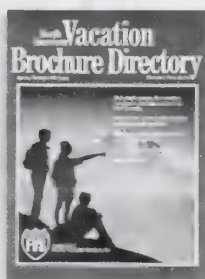


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the time **7:49 A.M.**

the place **ON THE TRAIN**

We found Fran exposing her fuzzy gams, to the horror of her fellow passengers. Pleading innocence, she confessed that she



didn't know what the shaving cut-off point was—the knee, mid-thigh or bikini line. We let her in on a few secrets. ■ Whether you shave, wax or use a depilatory, do the entire leg so you'll be safe with any skirt length, slits or shorts (and you can change from long to short clothes at a moment's notice!) ■ Averse to hair removal on the whole leg? Bleach your thigh hair or else learn to love living in opaque hose.

Case 469

MAKING UP IN PUBLIC

the time 12:02 P.M.

the place CHEZ TRENDO

We sauntered stealthily into a hot lunch spot in search of Susan, wanted in three states for the unlawful application of makeup in public. We told Susan she'd probably get time off for good behavior if she stuck to these strict rules:

JUST THE LIPSTICK, MA'AM

The only correction allowed before a crowd is a quick touch-up of your mouth—everything else requires a trip to the ladies' room.

RUSH HOUR A.P.B.

Public transportation is not the place to put on your face either; not only is it unappealing to others, it's unsanitary and potentially dangerous (what if your bus hit a pothole and your mascara wand went flying?). Find a fast routine so you can make up at home in ten minutes max. Look for products that do double duty. Save involved applications for evenings out.



CAUGHT IN THE ACT

Case 301 POOPED PERM

the time 1:29 P.M. the place A POST OFFICE

We eyed Patty impatiently waiting to post a parcel. Little did she know we had been following her to see if she had a date with her hairdresser. To our dismay, Patty didn't even know she needed to renew her fizzled-out do. So we handed her a summons for her tresses most atrocious—flat on top, frizzy and full at the ends. What's a girl to do? We asked pro hairstylist John Sahag of the John Sahag Salon in NYC to give her a clue. ■ To grow out a perm, either layer the top of your hair so it has more volume or blow-dry hair straight until the perm grows out. ■ If you want to keep a curly do, give the original perm a second life with a root perm for alllover curls.





How to make pie, easy as pie.



Whether it's baking pie, or cooking up a banquet, Martha Stewart knows how to make it easy as well as delicious.

And why not? She's written five books, including *Entertaining* and *Quick Cook*. She's a contributing editor for *Family Circle*, and syndicated in newspapers nationwide. And that's

st for starters.

Now, as Kmart's entertaining and lifestyle consultant, she's sharing her knowledge and experience with Kmart

customers on everything from preparing food to planning parties to buying outdoor furniture.

Her secret to the art of baking? The secret is, it's not an art. It's a science. With the right tools, careful measuring and sticking to the recipe, baking can be easy and even fun. And if you're not an expert yet, start out with a simple recipe like the Bottom Crust Apple Pie pictured.

Look for Martha's recipes in this month's Kornerstone. You'll find it in Kmart's Kitchen Korner. Where you'll also find everything else you'll need to make cooking and entertaining, easy as pie.

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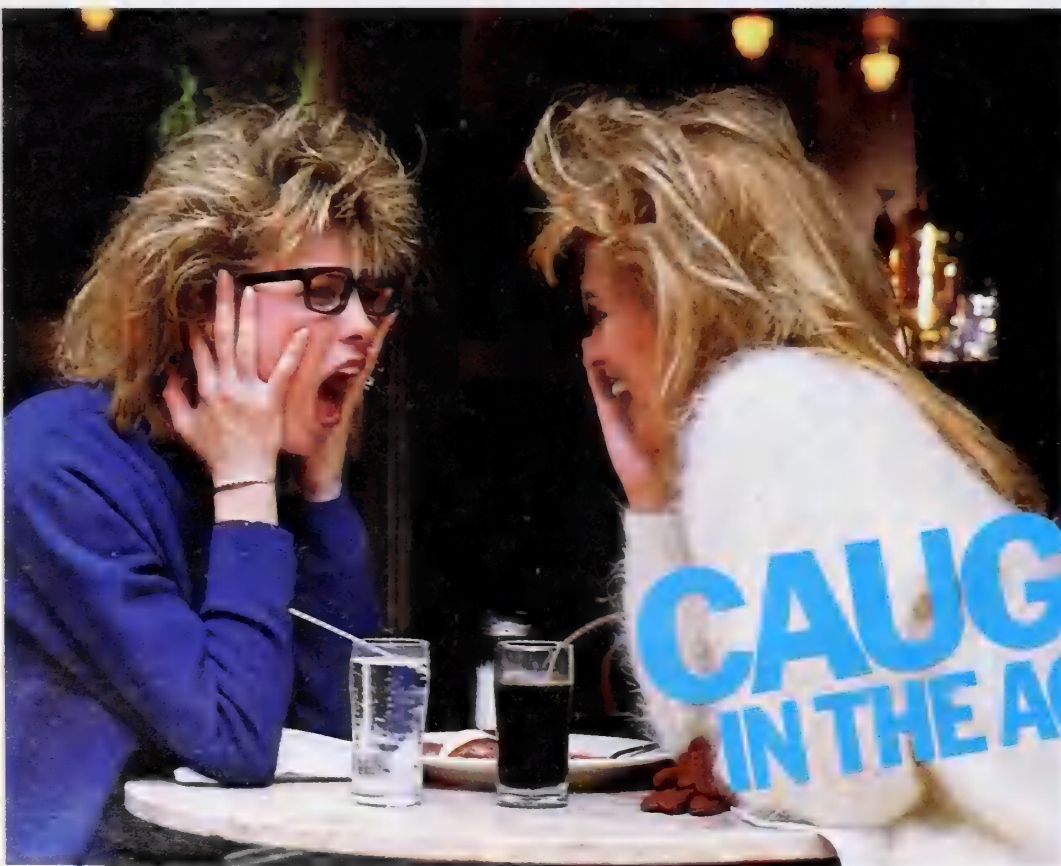
Case 67 CONSPICUOUS ZIT

the time 2:52 P.M. the place A JOB INTERVIEW

Debbie was dressed for success. Her makeup? Perfection. Except (to our shock and surprise) she neglected to conceal an all-too-apparent pimple. The personnel director may have been too busy to notice, but we had no choice but to prosecute. We argued that an obvious blemish negates all your good grooming. True, you're supposed to leave a pimple alone, but that doesn't mean letting it remain in full view.

Apply ice immediately when you have a blemish, then treat it with an over-the-counter medication that contains resorcin sulfur, benzoyl peroxide or salicylic acid. Whatever you do, never, ever pop a pimple; the infection could worsen.

Hide a blemish with a lightweight concealer in the same shade as skin tone, or choose one slightly lighter. Apply two or three thin coats with a wand-type applicator or a small, fine-tipped brush. Coat sides of pimple, too. Dust with loose translucent powder to matte shine.



Case 958 OUT-TO-THERE HAIR

the time 4:25 P.M. the place A CAFÉ

We took Karen and Sharon into custody for a felony most foul. The charge? Tresses in distress from the use of too much gel and mousse. They begged to differ, explaining that their locks were limp. We told them anything that they said would be used against them, then we read them their rights.

KEEP IT LIGHT You have the right to apply mousse and gel only where needed—spot-applied at sides to lift hair off face, at roots for volume, at bangs for more bounce.

NEED A MIDDAY BOOST? Reactivating a style with more mousse or gel is a major offense. Too much product is drying and weighs hair down, defeating the purpose. Use a spritz of water.

PLAGUED WITH LIMP LOCKS? Invest in a root perm or body wave to avoid product overdose. Never use more than one product at a time, and depend on anti-buildup shampoos once a month.

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Case 121 **MANLY MUSTACHE**

the time 5:14 P.M.

the place A SHOPPING MALL

While trying on a new hat, Barbara was booked for letting her upper lip sport a serious growth. She resisted arrest, explaining that her excess hair was hereditary. We pointed out that regardless of the reason, the faintest 'stache can ruin even the most magnificent mouth. What's a surefire remedy?

BLEACHING If you don't have a lot of hair, at-home bleaching may solve the problem.

(It's not an option if you have dark or olive skin, since blond hair will look unnatural.) If bleaching for the first time, patch-test on your arm to check sensitivity. Then try on upper lip. Leave the product on for a bit less time than the instructions indicate. Check results and reapply bleach if necessary. Bleaching lasts one to four weeks.

WAXING Another good but temporary solution is to whisk hair away. Waxing can be done at home or in a salon; however, a professional salon treatment may be preferable for the first time so you don't risk irritating the skin and getting a rash (the lip area is super-sensitive). Expect sleekness for three to eight weeks.

ELECTROLYSIS This is the only permanent fix—a worthwhile investment if upper lip growth is dark or heavy. You'll need two or three visits for electrolysis treatments to do the job. Whatever method you choose, be sure to avoid treating blemished, chapped or sunburned skin, and stay away from moles and warts.



Case 227

LIPSTICK OVERLOAD

the time 5:41 P.M.

the place AN OFFICE

We had a warrant for the arrest of Lucy, who tainted everything she touched with her lipstick. But before we cuffed her, Lucy conceded she didn't know how to make color stay on her lips and *only* on her lips. A likely story, we thought, but we decided to give her the benefit of the doubt, and to ensure that she didn't ruin any more phones, we supplied her with some sound application ground rules.

■ Prime lips first with foundation, a lip-fix product or a same-shade-as-lipstick pencil.

■ Choose a matte lipstick labeled long-lasting or featherproof. ■ After applying color, blot lips with a single sheet of tissue, then brush a bit of translucent powder through the tissue.

■ A last resort? Go for a beigey shade of lipcolor and add pizzazz to eyes instead.

**CAUGHT
IN THE ACT**

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Drop dullness from your style for good...discover the difference of new condition*Spritz!



NEW condition* SPRITZ. IT'S TIME TO SHINE!





Case 99

FRAGRANCE OVERKILL

the time 6:17 P.M.

the place AN ELEVATOR

We threw the book at Ellen when we spotted her happily spritzing away (and unknowingly choking her fellow passengers). She pleaded guilty with an explanation. It seems she can't tell whether the scent she put on in the A.M. is still working, so she pours it on again and again all day. With nose clips firmly in place, we assured her that she was more than aromatic and offered a few words of scent-sational advice:

A LITTLE DAB'LL DO YA Fragrance lasts longer than you think. How much you should use depends on the type of scent. Perfume is strongest—two or three drops will do for four to six hours; toilet water is lighter—a splash lasts two to four hours; cologne is lightest—a liberal spray smells sweet for two hours.

IN CASE OF AN OVERDOSE, remove excess scent by rubbing cotton soaked in alcohol over spritzed areas.

**CAUGHT
IN THE ACT**

Case 712 DANDRUFF DISASTER

the time 7:51 P.M.

the place A DINNER PARTY

We detected Diana chatting away to total strangers, seemingly oblivious to the dusting of snow on the shoulders of her dashing navy blue suit. When we cited her for appearing flaky in public, she just smiled and shrugged it off. So we got tough and laid down the law.

■ Dandruff destroys even the best-dressed looks, so take control of the problem immediately. First, check your condition with a dermatologist. Dandruff—epidermal cells that turn over at an accelerated rate, then clump and break off—is not the same thing as dry scalp.

■ If you do indeed have dandruff, avoid stimulating oil production—don't overbrush your hair or overmassage scalp. Cleanse gently and frequently with a medicated shampoo that contains one of the following anti-dandruff ingredients: selenium sulfide, zinc pyrithione, salicylic acid, sulfur or tar. Test several products to find the ingredients that work best for you. Case closed!



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combine chicken and ⅓ cup marinade. Let stand 15 to 30 minutes, stirring
occasionally. Grill covered, 20 to 30 minutes, or until done. Turn and brush with
sauce every 5 minutes. Serves 4-6.



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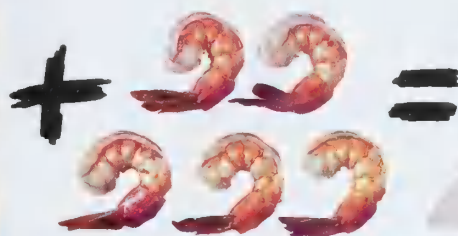
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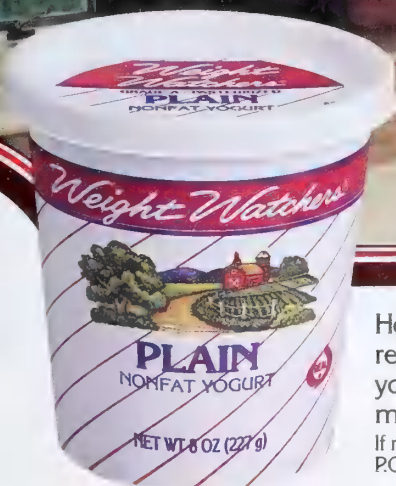
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By Mary Mohler and Margery D. Rosen

A
GUIDE
TO
CHILD
REARING
IN THE
EIGHTIES

how you can prevent sports injuries

Every year at least one in five high school athletes will suffer a sports-related injury, says Joseph Fetto, M.D., chief of the department of orthopedics at New York University Medical Center. What are the most common problems to look for? Torn knee ligaments, patella (kneecap) dislocations, shoulder dislocations, low-back strain and ankle sprain, says Fetto. "And most of these injuries occur for two reasons: Kids aren't properly conditioned for the sports they play. And many pick a sport that is simply not right for their body."

So what's a mother to do? First, find out what kind of body your child has. Then find out as much as you can about the demands of the sport he wants to play. And finally, help him condition himself. There are three basic body types:

■ **Ectomorphs** are characterized by their tight joints and well-defined musculature. They do well in sports that require strength and quick bursts of speed and power—running, football, wrestling. However, ectomorphs are prone to muscle pulls and strains; if they want to compete in swimming or gymnastics (activities that require loose joints and suppleness), they must do regular stretching to increase flexibility.

■ **Endomorphs** have a more rounded, "doughy" look to their muscles; because their joints are more flexible, they are good swimmers, gymnasts and ballet dancers, but they are also more prone to joint and ligament injuries. Endomorphs who want to play power-and-strength sports such as football are wise to build up muscle strength to stabilize joints.

■ **Mesomorphs** lie somewhere between the two. With the strength of the ectomorph and the flexibility of the endomorph, they do well playing soccer, baseball, basketball and skiing.

—Andrea Jolles

SOMETHING TO THINK ABOUT

According to a recent study of latchkey kids between the ages of twelve and fifteen, 40 percent of them living in single-parent homes and 20 percent of them from two-parent homes are sexually active after school. Notes Lynette Long, Ph.D., associate professor of education at American University, in Washington, D.C., "These kids figure Mom and Dad are at work, and it's only natural that they'd experiment with sex. Parents have to keep informed, talk to their kids and make sure they have other activities and programs to fill their time."

One mother's STORY

When they want to be alone

By Louise Laque

It was a sparkling Indian summer day, and for once I was home from work early. It was the perfect time to take Ted, seven, and Alec, four, to the local beach for one last lazy afternoon.

Ted immediately bumped into his school friend Lauren and rushed off to play. As I settled down next to Lauren's mom, she pointed out her own four-year-old son, Evan, who was quietly building a sand castle not far away.

"Alec," I said to my youngest, though I already knew what his answer would be, "Lauren has a little brother just your age. Why don't you go over and play with him? You could build together."

Alec, who was already deep into a hole of his own, looked at me, then at Evan, then at his hole.

"I don't think so, Mom," he said. Evan glanced over briefly, then went back to his castle. His mother and I, both embarrassed, looked at each other and said as with one apologetic voice, "Sometimes he's

(continued)

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—From Catherine M. Annese, Brooklyn Botanic Garden



Illustration: Stephanie Birdsong



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Levi's



(continued) like that."

In fact, Alec was often like that. From day one, when he refused to breast-feed, I had written several entries in my journal: "I can be in the same room with him, and I still miss him terribly." On many occasions, he had shooed me away from his play. And, though I would schedule time just for us, more often than not he wasn't interested in me at all, only the drawing he was working on, the book he was "reading."

Don't misunderstand: Alec is not a hermit. He has a gaggle of friends and plays very nicely with them. He's just, well, very independent. And the price of all this? He must find time to be alone, which is darn tough for a constantly supervised four-year-old.

Why did it take me so long to understand that simple point? Why did I think, worry, for so long that there must be something wrong with my child if he wasn't eagerly racing to join the group?

I sensed that afternoon that Evan's mother had wrestled with the same dilemma. As we sat on that beach, each trying to apologize for our unsociable offspring, it struck me how silly, how wrong I had been all these years as I tried to fend off all his little stabs of rejection. Alec and Evan and all others like them are lucky to be so self-supportive, so secure. Alec's aloneness was my problem, not his—my desire to snuggle him, hover over him, connect with him at my convenience. The look that he and little Evan gave each other on the beach was not a look of rejection. Each was a little guy seeing another little guy enjoying his precious privacy—and not wanting to interfere.

I still schedule special time with Alec, but I've learned something important: I don't try to make him into someone he's not. I no longer exhort him to pitch in. He's entitled to his private time, just as I am. Sometimes we are just two people together but alone, quietly recharging.

And there's nothing wrong with that.



Sunday Marek



Arlene Morelli



Jessica Snyder

HOW WOULD YOU HANDLE IT?

It's time to go—but your child adamantly refuses to get dressed. How do you get him out the door?

■ Sunday Hendrickson Marek, 38, free-lance art director, Los Angeles, two children, 3½ and 2

My son's nursery school teacher suggested I just bring him to school in his pajamas and that he'd probably feel so silly seeing the other kids in their clothes that he would ask to get dressed. I figured I had nothing to lose, so I tried it and it worked. We put on the extra change of clothes I had left in his cubby—and I have never again had a problem.

■ Arlene Morelli, 40, New York City, one child, 3½

A little planning is essential. I try to get Justin involved in choosing his clothes; if he has a say in things, he's often more agreeable. I also give him a ten-minute warning that we'll be leaving soon; bursting in and abruptly halting an activity backfires. And if possible, I try to take along the book he was looking at or drawing he was working on so he has some continuity. At the very least I promise that everything will stay exactly the same way until he gets back.

■ Jessica Snyder, 34, Levittown, PA, executive assistant, one child, 5½

I had a big problem until my husband took a much more no-nonsense approach. He told Rebecca that because she was now five, she had to take on new responsibilities, including picking out her own clothes and getting dressed without our nagging. Clearly, I had been more of a mush—babying her, telling her to do it herself but then not following through. When my husband put his foot down, and was consistent about it, she really shaped up.

LET 'EM BE KIDS

Kids are often the recipients of "don't be" messages—don't be silly; don't be a goof-off; don't be inattentive. What it all adds up to is: Don't be a child.

—From *WHEN YOUR CHILD GROWS UP TOO FAST*, by Penelope B. Grenoble, Ph.D., with Alan Yellin, Ph.D. (Contemporary Books, 1988)

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to *Parents' Journal*, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.



YOU'RE ONLY TWENTY-NINE
ONCE OR SO, BUT
A DAKIN
IS FOR
KEEPS.

DAKIN. SAN FRANCISCO



GIFTS WITH CHARACTER

5 reasons



WHY HUSBANDS STRAY

you've ever wondered if that stain on your husband's shirt was really lipstick ... here's what you (and every wife) need to know

E

lizabeth first started worrying about her husband, Al, after a neighbor's cocktail party. She'd noticed that he'd spent most of the evening deep in conversation with an attractive woman named Andrea, but she hadn't thought much of it at the time. However, during the next several weeks, Elizabeth, who is forty-two and has been married to Al for fifteen years, began to realize just how often he was bringing up Andrea's name. He would talk about how interesting she was and how she'd complimented his muscular build and sense of humor. Normally, Al never remembered people they met at parties, and Elizabeth began to feel very uneasy.

Could Al be having an affair? "I guess that in my old age I'm getting a little paranoid," she told a friend with a forced laugh.

Actually, Elizabeth's concern is anything but paranoid. Although most husbands say that they consider marital fidelity very important, what they *do* can be a very different story.

While it's difficult to say precisely how many men cheat on their wives, Anthony P. Thompson, a psychologist who four years ago reviewed the existing literature on marital infidelity, concluded that at least half of married men will at some point become sexually involved outside their *(continued)*

By Carol Lynn Mithers

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WHY HUSBANDS STRAY

continued

marriages. Sex researchers Gilbert D. Nass, Roger W. Libby and Mary Pat Fisher, authors of *Sexual Choices* (Jones-Bartlett, 1984), go even further, estimating that up to 65 percent of husbands have affairs by age forty.

And although one might expect awareness of AIDS to have changed these patterns, in fact it has not. "I can't give you official statistics," says David Moultrup, M.S.W., a marriage and family counselor in private practice in Belmont, Massachusetts, "but among counselors, the commonly ac-

cepted wisdom is that people have affairs for emotional reasons and are not dissuaded by the existence of AIDS. I don't think AIDS has yet become a real issue in the heterosexual community. I've never heard anyone say that he was thinking about having an affair but didn't because he was afraid of contracting AIDS."

Not surprisingly, Thompson found that the incidence of cheating was greater in marriages where men expressed high levels of dissatisfaction with their sexual or emotional relationship with their wives. But while that is perhaps the most important factor in determining whether a husband

strays, it is not the only one. A change or transition in a marriage and in the individual lives of a husband and wife—can pose a threat.

"A spouse going through a period of transition is likely to experience feelings of restlessness and a need for evaluation," explains April Westfall, Ph.D., director of clinical services at the Marriage Council of Philadelphia and assistant professor of psychology at the University of Pennsylvania Medical School. "And one of the things that usually gets reevaluated is the marital relationship."

During such assessments not all marriages are found wanting—and every man reacts to change by changing on his wife. But a great many are. And because a man is more vulnerable to the temptations of an affair at several key transition points, every man should be aware of them.

1. When disillusionment sets in

"It felt like we went straight from honeymoon to divorce court," says Karla, thirty, whose voice still breaks when she talks about her former husband. "When Joe and I were first together, he treated me like I was his great treasure he'd found. But he hadn't even been married two years when he started finding fault with everything I did, and he pulled away from me emotionally. When he began telling me he had to work late, I guessed what was going on; nobody else's office worked until midnight!"

"When I confronted him, he not only admitted he'd been seeing another woman, he told me he wanted a divorce! 'Being married to you isn't what I expected it would be,' he told me. Karla's voice drops to a whisper. "We've been apart a year now, and I still don't know what went wrong."

Strange as it may seem, a sudden shift from marital bliss to breakup is not so unusual. For some men, the temptation to stray comes after only a few years of marriage, points out Maggie Scarf, author of *Intimate Partners: Patterns in Love and Marriage* (Bantam, 1988), when couples who were dizzy with love and dreams of happily ever-after face the reality of daily life with another person. "Around this time people notice that they're different from their partner in significant ways," says Scarf. "Compared with the romantic fantasy of a partner who would be all-knowing, all-caring, something as relatively innocuous as a partner not wanting to have sex one night or going to sleep at the same time can seem like an immense betrayal."

Rather than accepting his wife's differences, a husband may seek to recapture the old (continued on page 18)

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trends in DIETING

Each year, millions of Americans begin diets hoping to shed unwanted pounds—although experts estimate that 95 percent of adult dieters regain the pounds they've lost. But now there is some promising news for people who want to lose weight. Here, a look at the latest innovations: the dos and don'ts of fasting, dieting successfully as a family and a guide for helping overweight youngsters trim down

fasting the no-food approach

One of the most rapidly growing diet trends is controlled fasting. The mainstays of today's programs are drinks made of protein and carbohydrates, supplemented with vitamins and minerals. Usually, dieters drink several servings of the chocolate-, vanilla- and fruit-flavored formulas a day.

Today's liquid fasts are generally nutritionally well-balanced, but this wasn't always the case.

A few years back, liquid-protein fasts were found to cause heart problems in a number of dieters and were implicated in seventeen deaths.

The new generation of formula diets, however, contains a better nutrient mix and higher-quality protein.

The most widely used program—Optifast—is run by a division of the Sandoz Pharmaceutical firm. There are

currently five hundred Optifast centers across the country. Many of these are hospital-based and supervised by on-staff physicians. Optifast participants can choose either a 420-calorie or an 800-calorie-a-day regimen.

People who embark on supplemented fasting programs usually notice quick results. Most women lose two to three pounds a week on liquid diets, compared with a pound or less on most conventional diets.

Many participants actually like the rigid structure of a supplemented fast. Alice, a forty-five-year-old who lost forty-five pounds in three months and went from a size 18 to a 12, is a case in point. "Food had so many emotional triggers for me—anger, depression, frustration," she explains. "I learned there are many ways to deal with feelings besides eating. Now I get up and leave the room or have a glass of ice water when I'm upset."

Fasting does have some drawbacks. It's expensive. The twenty-six-week Optifast program runs about \$2,500, and few insurance companies are willing to pick up the tab. Nor has supplemented fasting been shown to be

more effective over the long run than ordinary, controlled-calorie dieting, notes Steve Heymsfield, M.D., director of the weight-control unit at St. Luke's-Roosevelt Hospital in New York City.

It's not for everyone either. The New York Hospital Optifast program, for example, accepts only people who need to lose at least fifty pounds. Reason: For dieters with relatively small amounts of weight to lose, possible risks, such as hair loss or heart arrhythmias, may outweigh benefits.

If you're still interested, be sure any program you consider offers close medical supervision. Unsupervised fasting can be both ineffective and dangerous, warns Richard Rivlin, M.D., chief of nutrition at The New York Hospital and Memorial Sloan-Kettering Cancer Center. In addition to causing the loss of lean tissue along with fat, Rivlin says, unsupervised fasting can deplete such vital elements as potassium. If potassium levels drop too low, heart arrhythmias and even sudden death can result.

Finally, before you enter a fasting program, have a complete physical. And after you start, a doctor should examine you weekly while you're on the diet to make sure your overall health remains good and that your blood glucose and electrolyte levels are normal.

kids & dieting

Many doctors used to advise parents to simply let their children outgrow so-called baby fat. Today research indicates that heavy children don't automatically become lean as they grow.

Now there's help for heavy kids from a University of Pittsburgh School of Medicine research program sponsored by the National Institute of Child Health and Human Development. More than one thousand children and their families have successfully completed the program, described in the book *The Stoplight Diet for Children*. (Little, Brown, 1988).

On the Stoplight program, youngsters learn to classify foods according to colors on a traffic light. High-calorie, "red" foods

such as ice cream and potato chips, may only be eaten occasionally. Moderate-calorie, "yellow" foods—such as lean meat, poultry, bread and low-fat dairy products—are mainstays of the program. Low-calorie vegetable are "green" foods and may be eaten anytime.

family dieting

Losing weight is hard work, but studies show that family members who shed pounds together do better than those who diet alone. Psychologist and obesity researcher Leonard Epstein, Ph.D., and his colleagues at the University of Pittsburgh School of Medicine have found that families who diet together boost their chances of both losing weight and keeping it off. Mutual support and a conducive environment—in which everyone agrees not to bring tempting junk food into the home—seem to be two main reasons for family diet success.



Finally, protection Mom and I can both live with."

June Allyson



When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the accidents that so often occur. But with Depend fitted briefs, we don't have to worry. At last, there's a brief with protection we can live with.

Only Depend fitted briefs have elastic at the waist and legs for a snug, comfortable fit. A better fit means better leakage protection. And that makes life a lot easier for both of us.

If someone you love has a heavy bladder control problem, try Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.



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Because a better fit means better protection.



Beta Than Ever.

Now, Centrum® adds beta-carotene to its new formula.

Today, the nutrient that's making news in certain fruits and vegetables is making news in Centrum.... beta-carotene.

Leading health authorities—including specialists in cancer research—are urging you, as part of an overall balanced diet, to eat foods that are rich in

beta-carotene.

Your diet should include generous amounts of dark green leafy vegetables like spinach and kale. Or yellow-orange fruits and vegetables, like cantaloupe and carrots.

So, please eat these fruits and vegetables.

To help support your diet, add Centrum

to your daily menu.

New Advanced Formula Centrum supplements your diet more completely with more vitamins, including beta-carotene, and minerals than any leading brand.

New Advanced Formula Centrum.

It's beta than ever.

***Centrum with beta-carotene.
More complete. From A to Zinc®***

THE CRIME WOMEN NEVER TALK ABOUT

“Hey, baby—
want to party?”

That was how the horror of a gang rape began. Every year, thousands of women suffer the anguish

and pain of this brutal crime. Turn the page for a special report every woman must read

By Katherine Barrett and Richard Greene

Ladies'
Home Journal
September
1988

great grains

■ Ready to spurn spuds and say basta to pasta? Add variety and nutrition with glorious grains! Check out our glossary, then turn to page

172 for the recipes.

By Jan Turner
Hazard, Food and
Equipment Editor



SEAFOOD RISOTTO

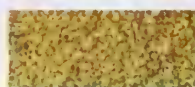
KASHA VARNISHKES



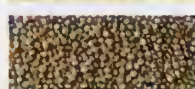
ARBORIO Short-grain rice grown in northern Italy. Tastes best when prepared as risotto



BARLEY (also known as pearl barley) A tasty grain commonly used in soups or side dishes



COUSCOUS (also known as semolina) A wheat derivative used in Middle Eastern dishes



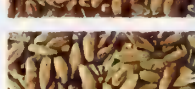
KASHA Roasted buckwheat kernels; popular in Polish, Russian and Jewish cuisines



QUINOA A nutty-flavored South American grain with twice the protein of other grains



TRITICALE A hybrid of wheat and rye that must be soaked overnight before cooking



WHEATBERRIES Long-cooking kernels of wheat. They can be ground for whole wheat flour



HEATBERRY CHILI

QUINOA PILAF



WICK MOROCCAN COUSCOUS



OKRA AND TRITICALE SALAD



SCOTCH BROTH

STANDOUT

fall
'88

All photos, Nestlé Mendoza; hair, Stephan Lempire. L: photo; model, Senia Klein of helmina; dress, Patrick K. bracelets, Kim Craftsmen; Debra Moises. Top: model, Cunningham of the Group Mgt.; pantsuit and bracelet, ma Kamali OMO; shoes, Maug; sweater, at Cashmere-C; gloves, Porbolane; Sock System; makeup, Debi Howell for Cloutier.

STYLE

Perplexed about hemlines? Bored
with black but confounded by color?

We've edited the fall collections to bring
you the four big fashion breakthroughs.

Stay tuned for our news-packed report
on the very best looks. By Lois Joy

Johnson, Beauty
and Fashion Editor

Color-mad clothes are everywhere this season in the mightiest brights we've seen in years! At last, color is the news, **black is the accessory.**

Want to join the color-clad? Update your fashion portfolio with hot **Day-Glo** hues, most potent in pink, or try sizzling slices of orange, racy red and shocking chartreuse. Why not let

opposites attract? Pair fuchsia with orange and red! Create a dynamic duo with apple green and grape! Or simply stick to one spirited shade in a smashing style.



Left: model, Alison Houtte of Name; coat, Andre Van Pier; skirt, Anne Klein II; turtleneck, at Cashmere-Cashmere; earrings, Debra Fine Yohai; gloves, Naomi Misle; shoes, Sacha of London; hosiery, Hue. Right: jacket, Anne Klein II; turtleneck and skirt, Alain Manoukian; shoes, Sacha of London; earrings, Sharent; hosiery, Hue. All makeup, Deborah Howell for Cloutier.



SUITS

STANDOUT STYLE

Sharp suiters are tailored and clean-lined for more fit. Choose a matched set, team an ultra-tight with black. Skirts are cut slim and sleek, jackets are both long and short, with **style to spare**. Fabrics have an element of **stretch** for a fit that's pure perfection. Look suits made of Lycra-boosted wools, meltons, merino wools and loden. Details that make the difference? Big, **bold** buttons, brassy or black. Skirts in typical white. Uses for **turtles and** bows. Keep accessories to a minimum. Wear **matte hose** (matte black best) with everything. Her newsy notions scoop up? Armfuls of **candy-colored bangles**, hoops, geometric and button earrings.

The spotlight's on a brand-new breed of suit—shape-showing looks infused with high-voltage hues

Left: model, Sonia Klein of Wilma; suit, Joseph Tricot; turtle-neck, at Cashmere-Cashmere; glass-earrings, Sharent; shoes, Maud; hosiery, Gamine; makeup, Mason. Left: model, Alison of Name; suit, Andre Van; bracelets, Debra Fine Yohai; shoes, Scooter/Paris; shoes, Anne; hosiery, Hanes; makeup, Deborah Howell for Cloutier. Right: model, Penny Howorth of Click; suit, earrings, shoes, Anne Klein; bracelets, Craftsman; hosiery, L'eggs; makeup, Deborah Howell for Cloutier.



Mohair lends a soft, feminine
touch to sweaters this season

Keep an eye out for oversized sweaters made of **luxurious mohair**—we love the fuzzy, comfy, sexy feel of it! Collect a slew of crews, turtles and cropped cardigans in **jewel tones**. To make a monochromatic impact, pile mohair upon mohair, top with a mohair shawl—all in one terrific tint. Pair electric mohair tops with black below the belt—try a slim black skirt or **sleek ski pants** for the new weekend (ans). Textures to note: tweeds, flannels and suedes. In fact, **uede pumps** (high-heeled, high vamp, come with witty (grim buckles) and suede or leather **gloves** rain-

low hues are chic buys.

Large photo: Jeny Howorth of Click; pullover, cardigan and scarf, Mary Jane Marcasiano; earrings, Scooter/Paris; makeup, Deborah Howell for Coutier. Above: model, Sonia Klein Wilhelm; pullover, cardigan, scarf and trousers, Mary Jane Marcasiano; gloves, Naomi Misle; makeup, Linda Mason. Right: cardigan, shawl, trousers, Adrienne Vittadini; shoes, Portolano; shoes, Sacha of London; makeup, Linda Mason.

STANDOUT STYLE



TEXTURE

PANTS

Far left: model, Sonia Klein
Wilhelmina; trousers and jack-
et, Andre Van Pier; sweater, Nor-
thampton; hat: Maeve Carr's Ac-
tions; gloves, Portolano; ac-
cessories, Hanes; makeup, Lili-
th Mason. Left: model, Gillian
Pauline's; jumpsuit, shoes,
Michael Kors; blouse, Agnes
b. earrings, Majorica; gloves, Por-
tolano; makeup, Linda Mas-

STANDOUT STYLE

Be the leader of the pack in **slacks!** This year trousers are the choice for a flash of fashion dash. If you buy only one pair, pick **wide-leg black**—the wardrobe essential. Take note: **High waists** are not merely trendy, they give the leggiest look, too. Wear 'em with a bright tailored jacket for a **pantsuit**, or tuck in a knit tee. Other

options? A jaunty **jump-suit**, perfectly office-worthy in menswear chalk-stripes, plaids, checks. Not crazy about wide legs? Slimmer, **ankle-cropped pants** are in as well. A jazzy finish to pants looks: **hats**—porkies, derbies and bowlers.

Right: model, Alison Houtte of Name; jacket, trousers, gloves, Anne Klein; hat, Maeve Carr's Additions; shoes, Maud Frizon; makeup, Deborah Howell for Cloutier.

High-rise waistlines and a loftier, livelier look

wide legs lend to today's trousers



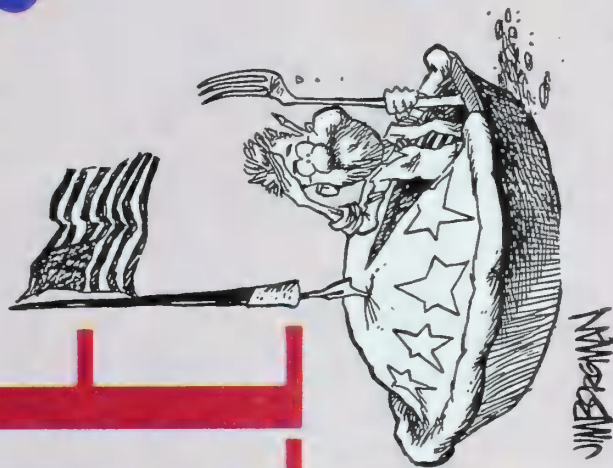


a m ★ a s g l i c a n ★ a s APPLE



We may know the candidates' policy on taxes, but how would they handle the ingredients for an all-American apple dessert? LHJ asked the '88 White House hopefuls to take a stand on this core issue. The prizewinning pie came from the kitchen of Elizabeth Dole (submitted by her husband, the senator—maybe *she* should have run for office!). For our cooking caucus results and the candidates' recipes, turn to page 166.

Photo, Irwin Horowitz. Prop stylist, Yvonne McHarg. Food stylist, Andrea Swenson.



★ The judges for our presidential bake-off: political cartoonists Mike Luckovich (New Orleans *Times-Picayune*), Jim Borgman (*Cincinnati Enquirer*) and Paul Rigby (New York *Daily News*). We asked the trio to drop their pens and pick up their forks—and bite the hand that feeds them!



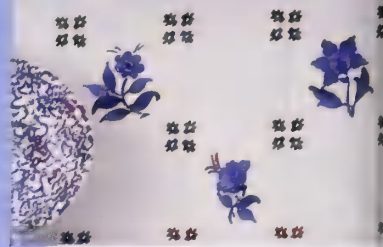
out with
the old,
in with
the blue

perfect COUNTRY KITCHENS

Country flair no longer means all dark wood and earth tones! **Blue and white's** the freshest, coolest, most popular color combo for a country kitchen. So **lighten** up the look! Whether you favor **French** provincial or homespun **American**, blue and white's just right!



Want a personalized design for your kitchen walls? Opt for custom-made white tiles hand-painted in a blue hue



**By Marilyn
Diane Glass,
Decorating and
Design Editor**



on a blue streak

Start out with plain white walls and cabinetry, and highlight with easy-to-do splashes of blue. Accessorize with towels, tablecloths and place mats in blue stripes, checks and tattersall patterns. If you want to go all the way and turn your neutral or earth-tone appliances blue, many cabinetry shops custom-make wood-paneled doors, which you can paint to match your kitchen.

Photos, Jessie Walker. Room designed by Michael De Giulio of De Giulio Kitchen & Bath Design; throw rugs, Village Carpets. Details, page 185.

perfect COUNTRY KITCHENS

Jessie Walker



a French accent

Show off blue wares against a backdrop of white (or wood, for a rustic look—but keep the tone light, like the pine hutch above). Every country room needs something old and something blue, and this room got both in a Persian motif rug. There's even something borrowed—the provincial designs for the painted tiles and range hood were inspired by a china pattern.

Room designed by Donna Aylesworth of Aylesworth Interiors, Inc. Details, page 185.



It's blue and white
French bistro-fash-
ion with the names
of favorite wines
painted on the tiles
of a kitchen nook





perfect COUNTRY KITCHENS



Jon Jensen

down-home details

There's no touch more country than a beamed ceiling, and we freshened this one up with blue wallpaper in a cheery white-flower print. The secret to the uncluttered look here? The repetition of just a few simple motifs—flower tiles on the backsplash, and elegant cabinetry knobs and matching brass towel rail.

Room designed by Barbara Ostrom ASID, of Barbara Ostrom Assoc., Inc.; shades fabricated by Forte & Alfred Elliot Co.; wicker occasional chairs, Bielecky Brothers, Inc.; table setting, place mats, glassware, bowls, baskets, accessories from GEAR Stores, NYC; flowers, The Windsor Florist. Details, page 185.

Dress up the dining table with blue dinnerware, in patterns from Wedgwood to willowware, tints from cornflower to cobalt





Cher's success surprised everyone but her. She knew if she really tried, she'd win. So where does she go from here?

what's
next
for

Not so long ago, the very name Cher conjured up the image of a flake, a dingbat, a celebrity capable of little more than zany flamboyance. It was as if Cher, best known for years as half of a defunct sixties rock-and-roll duo, had put all of her creative energy into her façade, afraid that if she didn't have her peacock plumes, her screwball style, the public might soon realize there was very little substance.

So it shouldn't have been surprising to her, therefore, that everyone took her at face value and considered her little more than a colorful clown. But Cher wanted to be taken seriously—especially as an actress. In response, Hollywood hooted, and for five long years no one in the industry would even return her calls. But Cher refused to change the rebel persona that she had carefully constructed. She refused to play any games by the established rules, proclaiming loudly and defiantly that she “didn’t give a ‘bleep.’” That bleep often defiantly peppers Cher’s speech.

Then almost overnight, things began to change for Cher. Her physical appearance, once considered a parody of pulchritude, was now described as beautiful, even chic. The angles of her cheekbones (whether God-given or silicone-fabricated) were extolled, as were her lithe legs, lack of hips, and even her navel. Her five tattoos (two on her rear, and one each on her shoulder, forearm and ankle), which were previously thought of as tacky, were suddenly *(continued on page 204)*

**By Jan
Goodwin**



Dear Dr

Got an edible complex? LHJ's own Dr. Sigmund F analyzes every culinary malady—from menu ap to fast-food anxiety. Here, his therapy for easy, no-fail fare. Please turn to page 158 for recipes

Dear Dr. Food,

I'm a klutz in the kitchen but love to entertain. Know any fuss-free but fab-tasting meals that fool guests into thinking I'm a master chef?

No need to suffer from an inferiority complex because you're not

Child. You'll win raves

our company menu—inclu

the flaming finale above! More tricks by

Cunning cooking cues

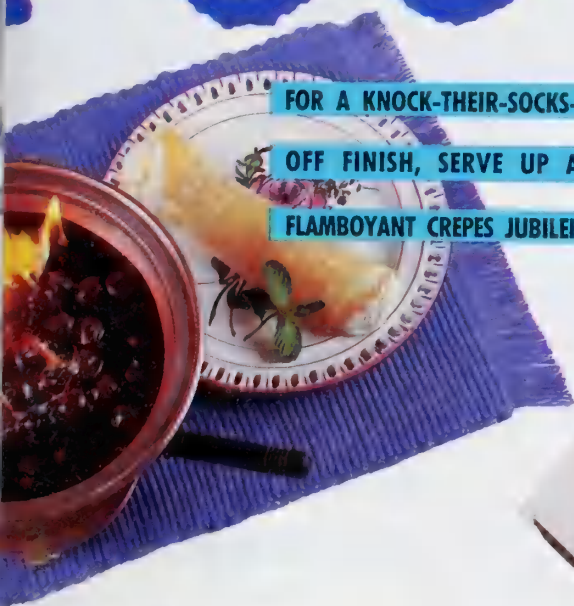
- Two easy ways to dress up a garden-variety salad: Add fresh herbs to prepared dressing; sprinkle salad with nuts, and serve with Brie or blue cheese.
- Spike steamed veggies with melted butter and lemon or orange peel.
- An elegant alternative to garlic bread: Drizzle on a mixture of melted butter, freshly ground pepper and parsley, thyme or rosemary.
- For a dynamite dessert, top ice cream with a combo of chopped nuts, white chocolate chips and prepared chocolate sauce.

Food

FOR A KNOCK-THEIR-SOCKS-

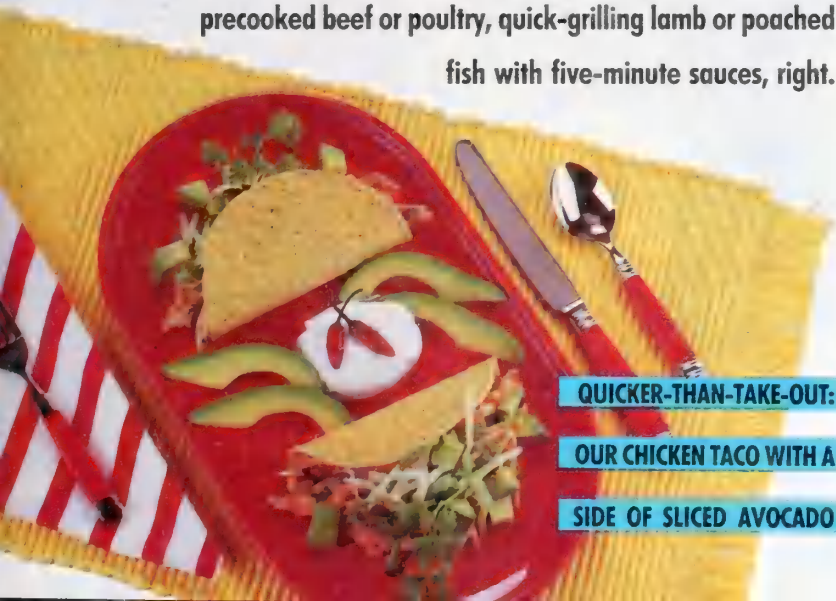
OFF FINISH, SERVE UP A

FLAMBOYANT CREPES JUBILEE



Dr. Food,
I practically have a charge
out at the pizza parlor, and
husband's had it with takeout. But I barely
e time to breathe, let alone cook dinner.

out addiction can be cured. Start with a supper that's as fast and fun as
ing out—like the Tex-Mex pleaser below. Another idea: Add pizzazz to
precooked beef or poultry, quick-grilling lamb or poached
fish with five-minute sauces, right.



QUICKER-THAN-TAKE-OUT:

OUR CHICKEN TACO WITH A

SIDE OF SLICED AVOCADO

SAUCE IT UP

The best thing about these toppers is that they need no cooking.

Parsley-Garlic Mix $\frac{1}{3}$ cup mayonnaise, 1 tablespoon chopped parsley and $\frac{1}{2}$ teaspoon minced garlic. Makes $\frac{1}{3}$ cup. Use with beef, poultry.

Sesame-Ginger Mix $\frac{1}{3}$ cup mayonnaise, 1 tablespoon minced green onion, 1 teaspoon grated fresh ginger and 1 teaspoon toasted sesame seed. Makes $\frac{1}{3}$ cup. Serve with beef, lamb, poultry or fish.

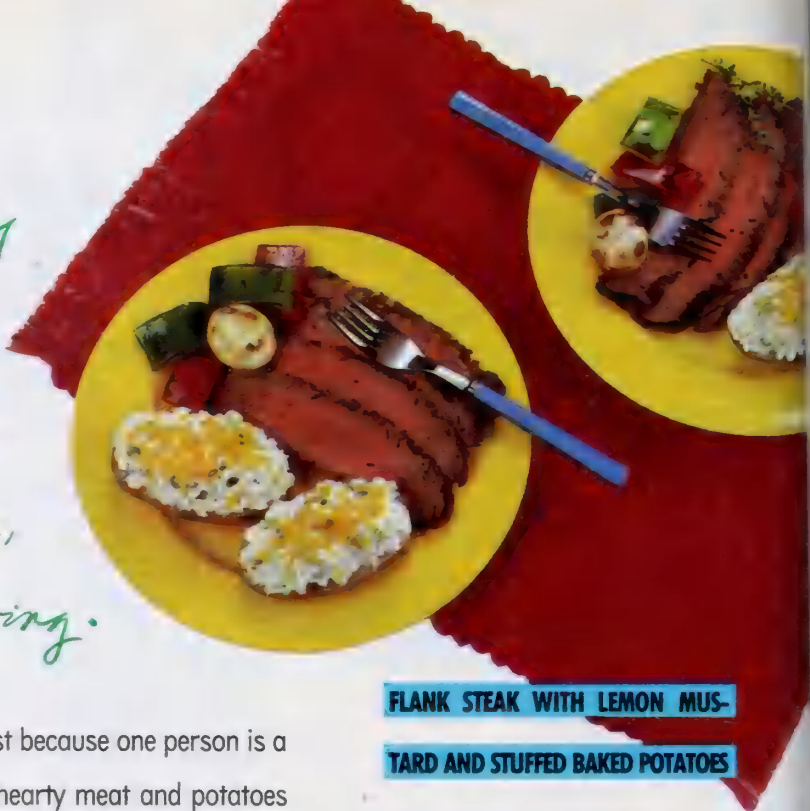
Watercress In blender combine $\frac{1}{3}$ cup mayonnaise, 1 cup watercress leaves, 1 tablespoon fresh lemon and 2 sliced green onions; blend until smooth. Makes $\frac{1}{2}$ cup. Serve with beef, lamb and fish. More sauces and nutrition info, page 162.

Dear Dr. Food,

How do I cut my husband's calories without depriving the children? He's huge, but my kids are starving.

It's crazy to put the whole family on a diet just because one person is a compulsive eater. In fact, you can serve up hearty meat and potatoes (like the appetizing entrée above) as long as the beef is lean, the potatoes

low-fat. The sensible advice at right shows you ways to keep everyone happy.



FLANK STEAK WITH LEMON MUSTARD AND STUFFED BAKED POTATOES

Rethink your lifestyle

Always have leisurely sit-down dinners rather than munching in front of the tube.

Don't keep sweets in the house—the kids are better off without cake and cookies, and treats are too tempting for a dieter.

Stock up on fresh fruit, cut-up raw vegetables and hot-air-popped popcorn for snacks.

Add bulk with low-cal side dishes like mushrooms and broccoli squirted with lemon.

Serve sweet-but-slimming desserts such as berries topped with a dollop of yogurt or grapefruit sprinkled with cinnamon.

Cook low-cal

The kids will never know if you substitute skim milk or nonfat dry milk for whole milk in sauces; low-fat, part-skim cheese for whole milk cheese.

Use a little Parmesan cheese for extra zesty flavor.

Take advantage of low-fat cooking techniques such as grilling, steaming, poaching and microwaving.

Dr. Food,
I've mastered a dozen
s that my family
ys, but we're
bored with them.
do I add dash
their favorites?

re fixated on the same
ods, revamp your regulars
w taste sensations. Make the Beef
and Rice Pilaf below instead of
ew. More sage ways to spice up
upper? Innovative pasta sauces
elow) to make spaghetti special.

STA PRESTO

and hearty sauces to top
pe of pasta with perfection.

herb In skillet heat 2 table-
s olive oil over medium
Add 1 teaspoon minced garlic and 1 tablespoon
chopped fresh sage and thyme; sauté 1 minute.
5 cups chopped fresh plum tomatoes and 1 tea-
salt; sauté 5 minutes. Toss 1 pound cooked pasta
sauce and 1 tablespoon butter. Season with salt
freshly ground pepper. Makes 4 servings.

**TRY A NEW STEW: SAVORY
BEEF CURRY ON A BED
OF FRAGRANT RICE PILAF**



shrimp diavolo In skillet heat 2 tablespoons olive oil over medium heat. Add 2 teaspoons minced garlic and 1/4 teaspoon red pepper flakes; sauté 2 minutes. Add 1 pound shrimp, peeled, deveined and chopped; sauté until pink. Add 1 cup prepared marinara sauce and 1 cup clam juice; simmer 5 minutes. Toss 1 pound cooked pasta with sauce. Makes 4 servings.

tomato-bacon Dice 6 slices bacon; cook in skillet until crisp. Pour off all but 2 tablespoons drippings. Add 2 teaspoons minced garlic and 1/4 teaspoon red pepper flakes; sauté 30 seconds. Add 5 cups chopped fresh plum tomatoes and 1/4 teaspoon salt. Cover and cook 5 minutes, stirring once. Toss 1 pound cooked pasta with sauce and 2 tablespoons chopped parsley. Serve with grated Parmesan cheese. Makes 4 servings.

More pasta recipes and nutrition info on page 164.

A.1. makes stuffed peppers taste even peppier.



A.1.® Savory Stuffed Peppers

- | | |
|--|--------------------------------------|
| 1 pound ground beef | 1 (8 oz.) can Del Monte tomato sauce |
| 1/4 cup chopped onion | 1 cup cooked rice |
| 1 (12 oz.) can Del Monte whole kernel vacuum packed golden sweet corn, drained | 1/4 cup A.1. Steak Sauce |
| | 1/4 tsp. ground black pepper |
| | 6 large green peppers |

In skillet, over medium heat, brown meat and cook onion until done; pour off drippings. Stir in corn, tomato sauce, rice, steak sauce and pepper; set aside.

Cut tops off peppers; remove seeds. Spoon meal mixture into peppers; arrange in 9 x 9 x 2-inch baking pan. Bake at 350°F for 30 to 35 minutes or until peppers are done. Makes 6 servings.

A.1. makes hamburgers taste like steakburgers.™
(Imagine what it can do for all your ground beef recipes.)



Preheat broiler. In medium sauté melt butter or margarine over medium-high heat. Whisk in flour smooth; gradually pour in milk, whisking occasionally, until it comes to a boil; reduce heat and simmer 2 minutes. Stir in shrimp, onions, sherry, salt and peppers.

Divide shrimp mixture among four 5-inch scallop shells into a 9-inch glass pie plate. Sprinkle with cheese. Place shells on a baking sheet and broil 4 inches from heat source 5 minutes or until tops are lightly browned. Serve immediately. Makes 4 servings.

Nutrition information per serving: 210 calories, 12 gm fat, 27 gm protein, 7 gm carbohydrates, 100 mg sodium, 241 mg cholesterol.

Note: To cook shrimp—in saucepan bring 2 quarts salted water to a boil. Add 1 1/2 pounds shrimp, peeled and deveined. Boil 2 minutes until pink. Drain.

CREPES JUBILEE

pictured on page 155

The crepes are usually found in the produce section of your supermarket.

Prep time: 10 minutes

Cooking time: 10 minutes

- 1 pint vanilla ice cream, softened
- 4 9-inch prepared crepes
- 1 can (16 1/2 oz.) sweet pitted cherries in syrup
- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1 teaspoon lemon juice
- 1/3 cup brandy

Place 2 scoops ice cream in the center of each crepe. Fold edges over ice cream and place seam side down on a serving plate. Freeze until ready to serve.

Drain cherries, reserving syrup. In medium skillet combine sugar and cornstarch. Gradually whisk in cherry syrup and lemon juice. Bring to a boil over medium heat, stirring constantly. Boil 1 minute. Add cherries and simmer 2 minutes.

In small skillet heat brandy over medium heat until warm. Add to crepes. If desired, ignite brandy, shaking pan until flame dies down.

Remove ice-cream crepes from freezer; top with cherry sauce. Makes 4 servings.

Nutrition information per serving: 330 calories, 12 gm fat, 5 gm protein, 50.5 gm carbohydrates, 100 mg sodium, 30 mg cholesterol.

DEAR DR. FOOD

continued from page 154

- ☐ Easy
 ☒ Challenging
☒ Moderate
 ☐ Microwave

Dr. Food's prescriptions for the culinary maladies on pages 154-157.

KLUTZ IN THE KITCHEN

- *Shrimp St. Jacques
- Rice With Peas and Thyme
- *Crepes Jubilee
- *Recipe given

SHRIMP ST. JACQUES

If you're afraid of making shrimp, buy them cooked and fold into the sauce.

Prep time: 10 minutes

Cooking time: 20 minutes

- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1 1/4 cups milk
- 1 pound cooked, peeled and deveined shrimp (see note)
- 1/4 cup chopped green onions
- 1 tablespoon dry sherry
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch ground red pepper
- 1 tablespoon grated Parmesan cheese

TAKEOUT QUEEN

- *Quick Chicken Taco
- Refried Beans
- Rice Pudding

QUICK CHICKEN TACO

pictured on page 155

If you like 'em hot, substitute jalapeño green chilies. (continued on page 156)

Why we give this \$17⁵⁰ Dobosh Torte FREE to new customers...



**END ~~\$2~~ FOR NEW 200-PAGE CATALOG
PLUS ~~\$17⁵⁰~~ DOBOSH TORTE OFFER.**

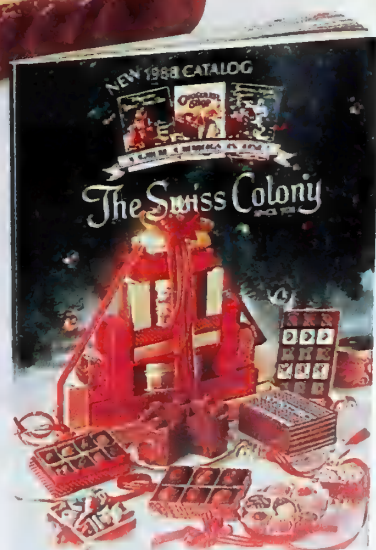
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DEAR DR. FOOD

continued from page 158

Prep time: 15 minutes
Microwave time: 4 minutes

- ¾ pound boneless, skinless cooked chicken breast, shredded
- ¾ cup enchilada sauce
- ½ cup whole-kernel corn
- 3 tablespoons canned chopped green chilies
- 1 green onion, sliced
- 1 tablespoon chopped fresh cilantro
- 8 small taco shells
- Shredded lettuce
- 4 ounces shredded Monterey jack cheese
- 1 avocado, diced
- 1 cup sour cream

In microwaveproof 1½-quart dish combine chicken, enchilada sauce, corn, chilies, onion and cilantro. Cover with plastic wrap, turning back one section to vent. Microwave on High 3 minutes. Rotate dish a half turn. Microwave on High 3 minutes more. Serve in taco shells with lettuce, cheese, avocado and sour cream. Makes 4 servings.

Nutrition information per serving: 590 calories, 36 gm fat, 37 gm protein, 31 gm carbohydrates, 712 mg sodium, 122.5 mg cholesterol.

SAUCE IT UP

continued from page 155

Mint In bowl combine ½ cup mayonnaise, 2 tablespoons chopped fresh mint, 1 tablespoon minced red onion and 1 teaspoon lemon juice. Serve with beef, lamb and poultry. Makes ½ cup.

Tarragon In small bowl combine ½ cup sour cream, 2 teaspoons chopped fresh tarragon, 1½ teaspoons lemon juice, ¼ teaspoon freshly ground pepper and ¼ teaspoon salt. Serve with beef, lamb, poultry and fish. Makes ½ cup.

Parsley-Caper In small bowl combine ½ cup sour cream, 1 tablespoon chopped parsley, 2 teaspoons chopped drained capers, ¼ teaspoon salt and ¼ teaspoon freshly ground pepper. Serve with beef and fish. Makes ½ cup.

Nutrition information per tablespoon

Mint: 100 calories, 11 gm fat, 0 gm protein, 1 gm carbohydrates, 78 mg sodium, 8 mg cholesterol.

Tarragon: 30 calories, 3 gm fat, 1 gm protein, 1 gm carbohydrates, 60 mg sodium, 6 mg cholesterol.

Parsley-Caper: 30 calories, 3 gm fat, .5 gm protein, 1 gm carbohydrates, 138 mg sodium, 6 mg cholesterol.

Parsley-Garlic (page 155): 100 calories, 11 gm fat, 0 gm protein, .5 gm carbohydrates, 78 mg sodium, 8 mg cholesterol.

Sesame-Ginger (page 155): 100 calories, 11 gm fat, 0 gm protein, 1 gm carbohydrates, 78 mg sodium, 8 mg cholesterol.

Watercress (page 155): 100 calories, 11 gm fat, 0 gm protein, 1 gm carbohydrates, 81 mg sodium, 8 mg cholesterol.

- *Turkey Rolls With Ham & Swiss
- *Pasta With Quick Basil Sauce
- Gingerbread

TURKEY ROLLS WITH HAM AND SWISS

You can substitute chicken cutlets, or—for a luxe touch—veal scaloppine.

Prep time: 10 minutes
Baking time: 20 minutes

- 4 turkey cutlets (4 oz. each), pounded thin
 - Salt and freshly ground pepper
 - 8 thin slices baked ham
 - 8 large basil leaves
 - 4 strips (3x½-inch each) Swiss cheese
 - 1 egg, beaten
 - ½ cup unflavored bread crumbs
 - 2 tablespoons butter or margarine, melted
- Preheat oven to 400°F. Season turkey cutlets with salt and pepper. Lay 2 slices ham, 2 basil leaves and 1 cheese slice on each. Roll up each cutlet; tie with string or secure with a wooden toothpick. Dip each roll in beaten egg, then in bread crumbs, shaking off excess. Transfer rolls to a 9-inch square baking pan; drizzle with butter or margarine. Bake 25 minutes. Remove string or toothpick, and cut each roll into 4 slices. Serve with basil sauce (recipe follows). Makes 4 servings.

Nutrition information per serving: Without basil sauce, 340 calories, 16 gm fat, 40 gm protein, 7 gm carbohydrates, 675 mg sodium, 185 mg cholesterol.

PASTA WITH QUICK BASIL SAUCE

Made with prepared pesto sauce and cream, this is a sauce any chef would envy.

Prep time: 5 minutes
Cooking time: 15 minutes

- 1 cup heavy or whipping cream
 - ½ cup (3½ oz.) prepared pesto sauce
 - 8 ounces fusilli or rotelle pasta, cooked
 - Salt and freshly ground pepper
- In saucepan combine cream and pesto sauce. Bring to a boil over medium heat. Boil 4 minutes, stirring occasionally, until thickened. Makes 1½ cups.

Nutrition information per tablespoon: 65 calories, 6 gm fat, 1 gm protein, 1.5 gm carbohydrates, 42.5 mg sodium, 14 mg cholesterol.

Toss cooked pasta with ½ cup sauce. Season with salt and pepper. Serve remaining sauce with turkey rolls.

Nutrition information per serving: 340 calories, 13 gm fat, 10 gm protein, 46 gm carbohydrates, 86 mg sodium, 28 mg cholesterol.

- *Seafood Pasta Primavera
- Italian Bread
- Marinated Artichoke Hearts
- Pear Half with Amaretto Cookies

SEAFOOD PASTA PRIMAVERA

Pick up the veggies at your supermarket's salad bar to save even more time.

Total prep time: 25 minutes

- 1 cup ricotta cheese
- 1 cup milk
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 tablespoons olive oil
- 2 cups sliced mushrooms
- ½ cup chopped red onion
- ½ cup julienned red pepper
- 1 teaspoon minced garlic
- 2 cups broccoli florets
- 8 ounces shredded imitation crabmeat
- 8 ounces capellini or thin spaghetti, cooked
- Grated Parmesan cheese

In blender puree ricotta, milk, pepper and salt. Set aside.

In skillet heat oil over medium. Add mushrooms, onion, red pepper, garlic; sauté 5 minutes. Add broccoli, cook 1 minute. Add ricotta mixture and imitation crabmeat; heat through. Toss with capellini. Sprinkle with Parmesan if desired. Serve immediately. Makes 4 servings.

Nutrition information per serving: Without crabmeat, 475 calories, 16 gm fat, 25 gm protein, 6 gm carbohydrates, 746 mg sodium, 37 mg cholesterol.

DIETING HUSBAND

- *Grilled Flank Steak and Vegetables with Lemon Mustard
- *Stuffed Baked Potatoes
- Fruit

GRILLED FLANK STEAK AND VEGETABLES WITH LEMON MUSTARD

pictured on page 156

Use round steak if you can't find flank.

Prep time: 15 minutes
Cooking time: 10 minutes

Lemon Mustard

- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon salad oil
- 1 teaspoon minced garlic
- 1 teaspoon freshly ground pepper
- ¼ teaspoon thyme

- ½ pound mushrooms
- 1 red pepper, cut into 2-inch pieces
- 1 green pepper, cut into 2-inch pieces
- 1 small flank steak (1½ lbs.)

Lemon Mustard: In small bowl whisk together all ingredients.

Prepare grill or preheat broiler. Arrange vegetables on 4 skewers. Light brush vegetables and steak with Lemon Mustard. Grill steak and vegetables 10 minutes, turning once. Let stand 5 minutes, then cut diagonally into thin slices. Makes 4 servings.

Nutrition information per serving: 365 calories, 33 gm fat, 33 gm protein, 6 gm carbohydrates, 87 mg sodium, 87 mg cholesterol. (continued)

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STUFFED BAKED POTATOES

pictured on page 156

Baked potatoes—everyone's favorite—are easier than ever, largely due to speedy cooking in the microwave.

Prep time: 15 minutes

Microwave time: 19 minutes

4 baking potatoes

$\frac{2}{3}$ cup low-fat (1%) cottage cheese

$\frac{1}{4}$ cup skim milk

2 tablespoons minced green onions

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground pepper

$\frac{1}{2}$ cup shredded Cheddar cheese

Prick potatoes with a fork. Arrange in microwave oven at least 1 inch apart on paper towels. Microwave on High 14 minutes, turning and rearranging potatoes halfway through. Cut potatoes in half horizontally and scoop out each half, leaving a $\frac{1}{4}$ -inch shell; set

PASTA PRESTO

continued from page 157

À la Parma In large skillet heat 1 tablespoon butter and 1 teaspoon minced garlic over medium heat; sauté 1 minute. Add 4 ounces prosciutto ham, julienned, and $\frac{1}{2}$ cup frozen peas, rinsed; sauté 2 minutes. Add 1 cup heavy or whipping cream and simmer 3 minutes more. Toss 1 pound cooked pasta with sauce and $\frac{1}{2}$ cup grated Parmesan cheese. Season with salt and freshly ground pepper.

White Clam In skillet heat 6 tablespoons olive oil over medium heat. Add 1 tablespoon minced garlic and sauté 2 minutes. Drain 1 can (6 $\frac{1}{2}$ oz.) chopped clams, reserving juice; set clams aside. Add reserved juice and $\frac{1}{2}$ cup bottled clam juice to skillet. Increase heat to high; cook 2 minutes. Reduce heat; add clams and simmer 2 minutes. Toss 1 pound cooked pasta with sauce and 2 tablespoons chopped parsley. Season with salt and pepper.

Nutrition information per serving

À la Parma: Without cheese, 760 calories, 32 gm fat, 27 gm protein, 90 gm carbohydrates, 686 mg sodium, 114 mg cholesterol.

White Clam: 625 calories, 23 gm fat, 18 gm protein, 88 gm carbohydrates, 330.5 mg sodium, 15 mg cholesterol.

Fresh Herb (page 157): 550 calories, 11.5 gm fat, 16 gm protein, 96 gm carbohydrates, 600 mg sodium, 8 mg cholesterol.

Shrimp Diavolo (page 157): 625 calories, 12 gm fat, 34 gm protein, 93 gm carbohydrates, 661 mg sodium, 140 mg cholesterol.

Tomato-Bacon (page 157): 565 calories, 12 gm fat, 19 gm protein, 96 gm carbohydrates, 340.5 mg sodium, 13 mg cholesterol.

shells aside. In medium bowl mash potatoes with cottage cheese, milk, green onions, salt and pepper. Spoon mixture evenly into potato shells and top with Cheddar cheese. Place in a microwave-proof dish and microwave on High 5 minutes. Makes 4 to 8 servings.

Nutrition information per serving: For 4 servings, 280 calories, 5 gm fat, 14 gm protein, 44.5 gm carbohydrates, 403 mg sodium, 17 mg cholesterol. For 8, halve above values.

***Low-Cal Lasagne**

***Tossed Green Salad with Low-Cal Buttermilk Dressing**
Garlic Bread

LOW-CAL LASAGNE

Spinach and chicken are the delicious filling for this satisfying pasta dish.

Prep time: 30 minutes

Baking time: 30 minutes

3 lasagne noodles (4 oz.)

1 cup part-skim ricotta cheese

1 egg, beaten

2 tablespoons chopped parsley

1 teaspoon salt, divided

$\frac{1}{2}$ teaspoon freshly ground pepper, divided

$\frac{1}{2}$ pound boneless, skinless chicken breast, diced

$\frac{1}{2}$ pound mushrooms, quartered

$\frac{1}{4}$ cup chopped onion

1 teaspoon minced garlic

1 cup water

1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry

$\frac{1}{4}$ teaspoon ground red pepper

Pinch nutmeg

$\frac{1}{2}$ cup nonfat dry milk

3 tablespoons flour

4 ounces shredded part-skim mozzarella cheese

1 tablespoon grated Parmesan cheese

1 tablespoon chopped parsley

Preheat oven to 400°F. In large saucepan of boiling salted water, cook lasagne until tender. Drain; rinse under cold water. Cut each noodle in half crosswise. Keep in cold water.

Meanwhile, in medium bowl combine ricotta, egg, parsley, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; set aside.

In medium saucepan combine chicken, mushrooms, onion, garlic, remaining $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper and water. Bring to a boil; reduce heat and simmer covered 8 minutes. With a slotted spoon transfer chicken, mushrooms, onions and garlic to a medium bowl; combine with spinach, red pepper and nutmeg. Set aside.

In blender combine reserved liquid in saucepan, nonfat dry milk and flour; blend until smooth. Return to saucepan and cook over medium heat, stirring constantly, 5 minutes.

Spread 2 tablespoons sauce evenly in a 9-inch square pan. Reserve $\frac{1}{4}$ cup sauce and stir remaining sauce into

spinach mixture. Layer half the lasagne noodles in bottom of pan, then cotta mixture and spinach mixture. Sprinkle evenly with mozzarella. Repeat with remaining noodles. Spread served sauce evenly on top and sprinkle with Parmesan and parsley. (Can be made ahead. Cover and refrigerate up to 24 hours. Bring to room temperature.) Cover with foil and bake 30 minutes. Makes 6 servings.

Nutrition information per serving: 285 calories, 5 gm fat, 26 gm protein, 26 gm carbohydrates, 61 mg sodium, 93 mg cholesterol.

LOW-CAL BUTTERMILK DRESSING

A great dressing even if you're not on a diet. It has no fat or cholesterol!

Total prep time: 5 minutes

$\frac{1}{2}$ cup buttermilk

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

$\frac{1}{2}$ teaspoon minced garlic

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon freshly ground pepper

3 green onions, minced

In small bowl whisk together all ingredients. Makes $\frac{3}{4}$ cups.

Nutrition information per tablespoon: 5 calories, 0 gm fat, 0 gm protein, 1 gm carbohydrate, 119 mg sodium, 0 mg cholesterol.

IN A FOOD RUT

***Savory Beef Curry**

***Fragrant Rice Pilaf**

Mangoes With Lime

SAVORY BEEF CURRY

pictured on page 157

Like beef stew, a curry improves in flavor if made a day ahead.

Prep time: 20 minutes

Cooking time: 2 hours

4 teaspoons minced garlic

2 teaspoons salt

3 pounds beef chuck, cut into $\frac{1}{2}$ -inch cubes

4 cups chopped onions

2 tablespoons minced fresh ginger

2 tablespoons curry powder

1 can (28 oz.) tomatoes, chopped

Preheat oven to 325°F. Crush garlic with the salt to a paste. In heavy Dutch oven combine beef, garlic paste, onions, ginger and curry powder. Cover and bake 1 hour. Stir in tomatoes. Bake covered 1 hour more or until very tender. (Cover and refrigerate leftovers up to 3 days. Reheat, stirring occasionally, over medium heat. Or freeze up to 1 month. Thaw in refrigerator overnight before reheating.) Make 6 servings.

Nutrition information per serving: 550 calories, 30 gm fat, 30 gm protein, 12 gm carbohydrates, 82 mg sodium, 124 mg cholesterol. (continued)

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Florence Henderson



DEAR DR. FOOD

continued

FRAGRANT RICE PILAF

pictured on page 157

This dish is also a wonderful complement to grilled lamb or beef.

Prep time: 5 minutes

Cooking time: 20 minutes

- 2 cups water
- 1 tablespoon butter or margarine
- 1 teaspoon salt
- 1 cup long-grain rice
- 3 tablespoons raisins
- 1 cinnamon stick
- ¼ cup chopped toasted almonds

In saucepan combine water, butter or margarine and salt. Bring to a boil. Stir in rice, raisins and cinnamon stick; cover and simmer 20 minutes. Let stand 5 minutes. Fluff with a fork; stir in almonds. Makes 4 servings.

Nutrition information per serving: 265 calories, 7 gm fat, 5 gm protein, 45 gm carbohydrates, 584 mg sodium, 8 mg cholesterol.

***Cajun Pecan Chicken**
Mashed Sweet Potatoes
Mustard Greens
Spice Cake

CAJUN PECAN CHICKEN

If your family is tired of fried chicken, they'll love this baked Cajun version.

Prep time: 20 minutes

Baking time: 30 to 35 minutes

- 1½ cups pecan halves
- ½ cup unflavored bread crumbs
- ¾ teaspoon salt
- ¾ teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon ground white pepper
- ½ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- ½ cup buttermilk
- 1 chicken (3 lbs.), cut up
- 2 tablespoons butter, melted

Preheat oven to 400°F. Grease a 13x9-inch baking pan.

In food processor combine nuts, bread crumbs, salt, paprika, oregano and peppers; process until nuts are chopped. Transfer to a plastic bag. Pour buttermilk into a medium bowl; dip chicken into buttermilk, then add to bag with pecan mixture and shake. Arrange in pan in a single layer; drizzle with butter. Bake 30 to 35 minutes. Makes 4 servings.

Nutrition information per serving: 730 calories, 54 gm fat, 46 gm protein, 16 gm carbohydrates, 687 mg sodium, 149 mg cholesterol.

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.

APPLE PIE

continued from page 145

Easy

Challenging

Moderate

Microwave

If a recipe calls for an apple variety that isn't available in your area, substitute Golden Delicious—they're available throughout the country.

First-prize winner

SENATOR ROBERT DOLE'S APPLE PIE

pictured on pages 144-145

This recipe comes from the senator's wife, Elizabeth. The press-in-the-pan pastry is speckled with pecans, filled with gently cooked apples and topped with a nut-sugar streusel.

Prep time: 35 minutes plus chilling

Baking time: 40 minutes

Filling

- 6 Granny Smith apples, peeled and sliced
- ¾ cup granulated sugar
- Water
- 2 tablespoons cornstarch



Editor-in-Chief Myrna Blyth and Food Editor Jan Hazard with our panel of judges (seated left to right) Mike Luckovich, Jim Borgman and Paul Rigby.

- 1 tablespoon butter
- ½ teaspoon cinnamon
- Pinch nutmeg

Pastry

- ½ cup butter, softened
- ¼ cup firmly packed brown sugar
- 1¼ cups all-purpose flour
- ½ cup chopped pecans

Topping

- ½ cup all-purpose flour
- ½ cup chopped pecans
- ¼ cup firmly packed brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon mace
- ¼ cup butter, cut up

Filling: In skillet combine apples, granulated sugar and ½ cup water. Bring to a simmer over medium heat; cover and cook 5 minutes. In small bowl dissolve cornstarch in ¼ cup water; stir into apple mixture. Bring to a boil; cook, stirring occasionally, 2 minutes. Remove from heat. Stir in butter, cinnamon and nutmeg. Cool.

Pastry: In mixer bowl cream butter and brown sugar. Beat in flour and pecans. Press dough into a 10-inch plate; refrigerate 10 minutes.

Topping: Meanwhile, in medium bowl combine flour, pecans, brown sugar, cinnamon, ginger and mace. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Set aside.

Preheat oven to 425°F. Spoon filling into pie shell; sprinkle with topping. Bake 10 minutes. Reduce heat to 375°F. and bake 30 minutes more. Topping browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 550 calories, 19 gm fat, 4 gm protein, 74 gm carbohydrates, 196 mg sodium, 50 mg cholesterol.

Second-prize winner

VICE PRESIDENT GEORGE BUSH'S APPLE CRISP

Mrs. Bush says this longtime favorite of her household is the only recipe that even comes close to the delicious crisp her mother used to make.

Prep time: 15 minutes

Baking time: 45 to 55 minutes

- 4 cups peeled and sliced Granny Smith apples
- ¼ cup orange juice
- 1 cup sugar
- ¾ cup all-purpose flour, sifted
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- Pinch salt
- ⅓ cup butter, cut up
- Heavy or whipping cream (optional)

Preheat oven to 375°F. Butter a 9-inch glass pie plate. Arrange apples in plate, mounding them in center. Pour orange juice over apples.

In bowl combine sugar, flour, cinnamon, nutmeg and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle over apples. Bake 45 to 55 minutes, until topping is browned and apples are tender. Serve warm with heavy cream. Makes 8 servings.

Nutrition information per serving: Without cream: 240 calories, 8 gm fat, 1 gm protein, 43 gm carbohydrates, 94 mg sodium, 20.5 mg cholesterol.

Third-prize winner

REPRESENTATIVE RICHARD GEPHARDT JR.'S APPLE CRISP

This is Jane Gephardt's recipe. The shallow layer of apples and crumb topping bakes to a comforting richness and texture.

Prep time: 15 minutes

Baking time: 45 minutes

- 4 large Granny Smith apples, peeled and cut into ¾-inch pieces
- ¾ cup sugar
- ½ cup all-purpose flour
- 1 teaspoon cinnamon
- Pinch salt

(continued)



■ APPLE PIE

continued

6 tablespoons butter, cut up

Vanilla ice cream (optional)

Preheat oven to 375°F. Butter a shallow 2-quart baking dish; arrange apples in an even layer. In medium bowl combine sugar, flour, cinnamon and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle over apples. Bake 45 minutes or until golden and apples are tender. Serve warm with ice cream. Makes 6 servings.

Nutrition information per serving: Without ice cream, 295 calories, 12 gm fat, 1 gm protein, 48 gm carbohydrates, 139.5 mg sodium, 31 mg cholesterol.

Honorable mention

GOVERNOR MICHAEL DUKAKIS'S APPLE-CRANBERRY PIE

The governor is proud of Massachusetts agriculture and has used two state products, cranberries and maple syrup, to flavor his apple pie.

Prep time: 30 minutes

Baking time: 40 to 45 minutes

Pastry

- 2 cups all-purpose flour
- 1 teaspoon salt
- ¾ cup shortening, chilled
- 5 to 6 tablespoons ice water

Filling

- ½ cup sugar
- ½ cup pure maple syrup
- 2 tablespoons flour
- 1 tablespoon butter
- 1 teaspoon grated orange peel
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup cranberries
- 3 cups peeled, sliced McIntosh apples

Pastry: In large bowl combine flour and salt. With pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.

Filling: Preheat oven to 425°F. In saucepan combine sugar, maple syrup, flour, butter, orange peel, cinnamon and salt. Cook over medium heat until sugar is dissolved. Add cranberries. Bring to a boil and cook until cranberries pop. Fold in apples. Cool.

On lightly floured surface roll larger pastry ball into a 12-inch circle. Line a 9-inch pie plate, leaving a 1-inch overhang. Spoon filling into pie shell. Roll remaining pastry into an 11-inch circle. Cut into ten 1-inch-wide strips. Weave strips in a lattice pattern over

filling. Fold overhang of bottom crust over strip ends; flute edge. Bake 45 minutes, until crust is golden and filling is bubbly. If crust browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 430 calories, 21 gm fat, 4 gm protein, 58.5 gm carbohydrates, 360 mg sodium, 4 mg cholesterol.

THE REVEREND PAT ROBERTSON'S VIRGINIA APPLE PIE

Dede Robertson calls this recipe a Virginia classic. This combination of sugars, brown and granulated, adds a rich caramel flavor to the pie.

Prep time: 20 minutes

Baking time: 40 to 50 minutes

- 5 cups peeled and thinly sliced York or Golden Delicious apples
- 2 teaspoons lemon juice
- ½ cup granulated sugar
- ¼ cup firmly packed brown sugar
- 2 tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- Pastry for a 9-inch double-crust pie
- 2 tablespoons butter, cut up
- Milk

Preheat oven to 425°F. In large bowl toss apples with lemon juice. In medium bowl combine sugars, flour, salt and nutmeg. Set both aside.

On lightly floured surface roll half the prepared pastry into a 12-inch circle. Line a 9-inch pie plate with pastry, leaving a 1-inch overhang. Spoon apples into pie shell; sprinkle with sugar mixture and dot with butter. Roll remaining pastry into a 10-inch circle. Place over filling; trim edge and flute. With a sharp knife cut vents in top; brush lightly with milk. Bake 10 minutes. Reduce heat to 375°F. and bake 30 to 40 minutes more, until crust is golden. Serve warm. Makes 8 servings.

Nutrition information per serving: 415 calories, 21 gm fat, 4 gm protein, 55 gm carbohydrates, 376 mg sodium, 8 mg cholesterol.

SENATOR ALBERT GORE JR.'S APPLE PIE

A recipe from the senator's mother. Under the lattice top, the apples are flavored with orange juice and nutmeg.

Prep time: 40 minutes plus chilling

Baking time: 65 to 75 minutes

Pastry

- 2 cups all-purpose flour
- 1 teaspoon salt
- ¾ cup shortening, chilled
- 4 tablespoons ice water

Filling

- 1 cup sugar
- ¾ cup orange juice
- ¼ cup butter
- 1 tablespoon flour
- ½ teaspoon nutmeg

3 Medium Winesap or Rome Beauty apples, peeled and sliced thin

Pastry: In large bowl combine flour and salt. With pastry blender or knives, cut in shortening until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.

Filling: Preheat oven to 400°F. In small saucepan combine sugar, orange juice, butter, flour and nutmeg. Cook, stirring, over low heat until sugar dissolved and butter melted.

On lightly floured surface roll larger pastry ball into a 12-inch circle; line 9-inch metal pie plate with pastry, leaving a 1-inch overhang. Spoon filling into pie shell. Top with sugar mixture. Roll remaining pastry into an 11-inch circle. Cut into ten 1-inch-wide strips. Weave strips in a lattice pattern over filling. Fold overhang over strip ends; flute edge. Bake 15 minutes. Reduce heat to 350°F. Bake 50 to 60 minutes more, until crust golden and filling is bubbly. Make 8 servings.

Nutrition information per serving: 455 calories, 21 gm fat, 4 gm protein, 59 gm carbohydrates, 330 mg sodium, 15.5 mg cholesterol.

REPRESENTATIVE JACK KEMP'S CRUSTLESS APPLE PIE

Joanne Kemp submitted this favorite recipe of her husband's. Since the pie has no crust, Representative Kemp doesn't feel guilty when he tops it with a scoop of ice cream.

Prep time: 20 minutes

Baking time: 40 minutes

Topping

- ¾ cup all-purpose flour
- ¾ cup firmly packed brown sugar
- ¼ cup butter, cut up

Filling

- 5 cups peeled and sliced Granny Smith apples
- ½ cup granulated sugar
- 1 teaspoon cinnamon

Topping: In bowl combine flour and brown sugar. With pastry blender or knives, cut in butter until mixture resembles coarse crumbs. Set aside.

Filling: Preheat oven to 400°F. In large bowl combine all ingredients. Spoon into a 9-inch glass pie plate.

Sprinkle topping over apples. Bake 40 minutes or until bubbly. If top browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 275 calories, 12 gm fat, 1 gm protein, 52 gm carbohydrates, 8 mg sodium, 20 mg cholesterol. (continued)



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Recipes

Kisses'n Cream Pie

1 cold half and 1/2 cup light cream (4-serving size). 1/2 cup (4-oz.) Vanilla Instant Pudding Filling (8 oz.) COOL WHIP® Whipped Cream, thawed. 1/2 cup (4-oz.) KEEBLER® E.L. FUDGE™ chocolate chip cookies. 1/2 cup READY-CRUST® brand chocolate pie crust and half into large bowl. Add pie filling with wire whisk until well blended, 1 minute. 5 minutes. ● Fold in whipped topping and cookies. Spoon into crust. Freeze until firm, 4 hours or overnight. ● Remove from freezer and 10 minutes to soften before serving. Store any leftover pie in freezer.



Key Road Pie

1 cold half and 1/2 cup light cream (4-serving size). 1/2 cup (4-oz.) Chocolate Instant Pudding Filling (8 oz.) COOL WHIP® Whipped Cream, thawed. 1/2 cup KEYS® Real Semi-Sweet Chocolate Chips. 1/2 cup miniature marshmallows. 1/2 cup chopped nuts. 1/2 cup READY-CRUST® brand graham cracker pie crust and half into large bowl. Add pie filling with wire whisk until well blended, 1 minute. ● Fold in whipped chocolate chips, marshmallows and nuts. Spoon into crust. Freeze until firm, about 6 hours or overnight. ● Remove from freezer and let stand 10 minutes to soften before serving. Store any leftover pie in freezer.



Mississippi Mud Pie

1 cold half and 1/2 cup light cream (4-serving size). 1/2 cup (4-oz.) Vanilla Instant Pudding Filling (8 oz.) COOL WHIP® Whipped Cream, thawed. 1/2 cup MAXWELL HOUSE® Instant Coffee (8 oz.) COOL WHIP® Whipped Cream, thawed. 1/2 cup READY-CRUST® brand chocolate pie crust and half into large bowl. Add pie filling with wire whisk until well blended, 1 minute. ● Fold in whipped topping. Spoon into crust. Freeze until firm, 4 hours or overnight. ● Remove from freezer and 10 minutes to soften before serving. Store any leftover pie in freezer.



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APPLE PIE

continued

THE REVEREND JESSE JACKSON'S SOUL QUEEN APPLE PIE

The Soul Queen restaurant in Chicago gave LHM its recipe at the Reverend Jesse Jackson's request.

Prep time: 25 minutes plus chilling
Baking time: 45 to 50 minutes

Pastry

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup cold butter or margarine, cut up
- 5 to 6 tablespoons ice water

Filling

- 2 cans (20 oz. each) sliced apples, drained
- 1 cup sugar
- 1 tablespoon flour
- 1/2 teaspoon cinnamon or nutmeg
- 2 tablespoons butter or margarine, cut up

Pastry: In large bowl combine flour, sugar, baking powder and salt. With pastry blender or 2 knives, cut in butter or margarine until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.

Filling: In bowl combine apples, sugar, flour, cinnamon or nutmeg; set aside.

Preheat oven to 425°F. On lightly floured surface roll out the larger pastry ball into a 12-inch circle. Line a 9-inch pie plate, leaving a 1-inch overhang. Spoon filling into pastry; dot with butter or margarine. Roll remaining pastry into a 10-inch circle. Place over filling; trim edge and flute. With a sharp knife cut a small hole in center; prick pastry with a fork. Bake 10 minutes. Reduce heat to 375°F. Bake 35 to 40 minutes more, until filling is bubbly. If crust browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 485 calories, 19 gm fat, 4 gm protein, 76 gm carbohydrates, 339 mg sodium, 49 mg cholesterol.

SENATOR PAUL SIMON'S CRUMB-TOPPED APPLE PIE

This Simon family favorite is from Evelyn Knop, of Steelville, Illinois. The senator's daughter Sheila is married to Evelyn's son.

Prep time: 20 minutes
Baking time: 25 to 30 minutes

- 1 cup all-purpose flour
- 3/4 cup firmly packed brown sugar
- 1/4 cup butter or margarine, melted

- 1/2 cup granulated sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 4 cups peeled and diced Granny Smith apples

- 1 unbaked single 9-inch pie shell
- 1 1/2 teaspoons butter, cut up

In medium bowl combine flour and brown sugar. Stir in butter or margarine until moistened. Set aside.

Preheat oven to 425°F. In small bowl combine granulated sugar, cinnamon and nutmeg. Spoon apples into prepared pie shell. Sprinkle with sugar and spice mixture and dot with butter.

Pat brown-sugar topping over apples. Bake 10 minutes. Reduce heat to 375°F. and bake 25 to 30 minutes more, until filling is bubbly. If topping browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 405 calories, 15 gm fat, 3 gm protein, 64 gm carbohydrates, 140 mg sodium, 17.5 mg cholesterol.

GOVERNOR BRUCE BABBITT'S APPLE PIE

Hattie Babbitt gave us her recipe for this double-crust pie made with McIntosh apples.

Prep time: 30 minutes plus chilling
Baking time: 1 hour

Pastry

- 2 cups all-purpose flour
- 1 teaspoon salt
- 3/4 cup shortening, chilled
- 4 to 5 tablespoons ice water

Filling

- 3 pounds McIntosh Apples, peeled, cut into 1/2-inch-thick slices
- 1/2 cup sugar
- 1/2 cup heavy or whipping cream
- 1 tablespoon fresh lemon juice
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

Pastry: In large bowl combine flour and salt. With pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into 2 balls, one slightly larger than the other. Cover and refrigerate 1 hour or overnight.

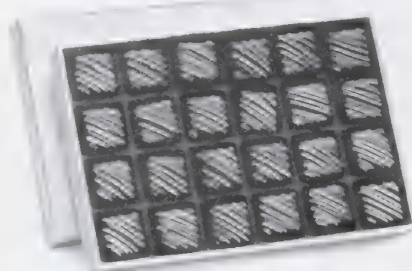
Filling: In large bowl combine all ingredients; set aside.

Place a cookie sheet on lowest oven rack to catch drippings. Preheat oven to 450°F. On lightly floured surface roll larger pastry ball into a 12-inch circle. Line a 9-inch pie plate, leaving a 1-inch overhang. Spoon filling into pie shell. Roll remaining pastry into a 10-inch circle. Place on filling; trim edge and flute. With a sharp knife cut vents in top or prick pastry with a fork. Bake 20 minutes. Reduce heat to 375°F. and bake 40

(continued)

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■ APPLE PIE continued

minutes more. If crust browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition information per serving: 450 calories, 23.5 gm fat, 4 gm protein, 59 gm carbohydrates, 282 mg sodium, 20 mg cholesterol.

GOVERNOR PETE DU PONT'S APPLE PIE

This recipe, a favorite of the du Pont family, is from the book Quiche and Pie, by Irena Chalmers, Susan Wright and Gladys McConnell.

Prep time: 30 minutes plus chilling

Baking time: 1 hour

Pastry

- 1 1/4 cups sifted all-purpose flour
- Pinch salt
- 3 tablespoons cold butter, cut up
- 3 tablespoons shortening, chilled
- 3 to 4 tablespoons ice water

Topping

- 1/2 cup sugar
- 1/2 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 cup butter

Filling

- 1 cup sour cream
- 1 egg, beaten
- 2 tablespoons flour
- 2 teaspoons lemon juice
- 3 cups peeled, sliced Granny Smith apples
- Heavy or whipping cream (optional)

Pastry: In large bowl combine flour and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into a ball; cover and refrigerate 1 hour or overnight.

Preheat oven to 400°F. On lightly floured surface roll pastry into a 12-inch circle. Line a 9-inch pie plate; trim edge and flute. Cover pastry with foil and fill with dried beans or pie weights. Bake 7 minutes. Remove foil and beans. Bake 5 minutes more. Cool on a wire rack.

Topping: Meanwhile, in medium bowl combine dry ingredients. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Set aside.

Filling: Reduce oven temperature to 375°F. In medium bowl combine sour cream, egg, flour and lemon juice; fold in apples. Spoon filling into pie shell; sprinkle with topping. Bake 1 hour. Serve warm with cream. Makes 8 servings.

Nutrition information per serving: Without cream, 430 calories, 28 gm fat, 5 gm protein, 41 gm carbohydrates, 202 mg sodium, 90 mg cholesterol.

■ GREAT GRAINS continued from page 135

○ Easy
● Moderate

● Challenging
Ⓜ Microwave

SEAFOOD RISOTTO

pictured on page 134

This famous short-grain-rice dish from Northern Italy is simple to make satisfying. Constant stirring is the

Prep time: 10 minutes

Cooking time: 35 minutes

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/2 cup dry white wine
- 1 bottle (8 oz.) clam juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3/4 pound shrimp, peeled and deveined
- 1/2 pound sea scallops, halved horizontally
- 2 1/4 cups water
- 2 tablespoons butter or olive oil
- 1 leek, chopped
- 1 cup arborio (short-grain) rice
- Pinch saffron
- 2 tablespoons chopped parsley

In medium saucepan heat oil over medium heat. Add garlic and sauté 30 seconds (do not brown). Add wine, bring to a boil. Add clam juice, and pepper. Return to a boil. Stir shrimp and scallops; cook, stirring occasionally, 3 minutes or until shrimp are pink and scallops opaque. With slotted spoon transfer shrimp and scallops to a bowl; set aside. Add water to saucepan and bring just to a simmer.

In another medium saucepan melt butter or heat oil over medium heat. Add leek and sauté 3 minutes. Add rice and cook, stirring, 2 minutes more. Add 1/2 cup of the simmering liquid and cook, stirring constantly until liquid is absorbed, about 3 minutes. Continue adding liquid 1/2 cup at a time, stirring constantly, until liquid is absorbed. Add saffron to last 1/2 cup liquid before adding liquid to rice. Taste rice for doneness (if necessary, add 1/4 cup more hot water). Stir in reserved seafood and parsley. Serve immediately. Makes 4 servings.

Nutrition information per serving: 400 calories, 15 gm fat, 27.5 gm protein, 45 gm carbohydrates, 139.5 mg sodium, 139.5 mg cholesterol.

KASHA VARNISHKES

pictured on page 134

Kasha and noodles team up for popular Eastern European side dish

Prep time: 25 minutes

Cooking time: 25 to 30 minutes

- 3 tablespoons margarine
- 1 cup chopped onions
- 1/4 teaspoon thyme
- 2 cups sliced mushrooms

(continued)

If you want to know what Miracle Whip®
can do for a salad...



CRUNCHY PEA SALAD

- 1/2 CUP MIRACLE WHIP SALAD DRESSING
- 1/4 CUP KRAFT "ZESTY" ITALIAN DRESSING
- 1 10-OZ. PKG. FROZEN PEAS, THAWED, DRAINED
- 1 CUP CHOPPED CELERY
- 1 CUP PEANUTS
- 6 CRISPLY COOKED BACON SLICES, CRUMBLLED
- 1/4 CUP CHOPPED RED ONION

COMBINE SALAD DRESSING AND ITALIAN DRESSING; MIX WELL. ADD REMAINING INGREDIENTS; MIX LIGHTLY. CHILL. ADD ADDITIONAL SALAD DRESSING JUST BEFORE SERVING, IF DESIRED. SERVE IN TOMATOES, CUT INTO WEDGES, IF DESIRED.

8 SERVINGS



Quick. Say pretty peas.

■ GREAT GRAINS

continued

- 1 can (13¼ or 14½ oz.) chicken broth plus enough water to equal 2 cups
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 cup kasha (roasted buckwheat kernels)
- 1 egg, lightly beaten
- 4 ounces bowtie noodles, cooked
- 2 tablespoons chopped chives

In saucepan melt margarine over medium heat. Add onions and thyme; cook, stirring occasionally, until golden, 10 minutes. Add mushrooms and cook 3 minutes. Add chicken broth, water, salt and pepper. Bring to a boil.

In small bowl combine kasha and egg. Transfer kasha to a large skillet. Cook over high heat, stirring constantly, until kasha is dry and separate, about 3 minutes. Add boiling liquid with vegetables to kasha. Reduce heat to low and simmer covered until all liquid is absorbed, about 15 minutes. Remove from heat and stir in noodles and chives. Makes 6 servings.

Nutrition information per serving: 215 calories, 8 gm fat, 7 gm protein, 29 gm carbohydrates, 503 mg sodium, 61 mg cholesterol.

QUICK MOROCCAN COUSCOUS

pictured on page 135

Not only is our version fabulous, but it takes less than 45 minutes. A great entrée for entertaining.

Prep time: 20 minutes

Cooking time: 20 minutes

- 1 tablespoon salad oil
- 1 pound boneless, skinless chicken breasts, cubed
- 1 onion, chopped
- ¼ teaspoon salt
- ¼ teaspoon ginger
- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- ¼ teaspoon ground red pepper
- 3 carrots, quartered lengthwise and cut into 3-inch pieces
- 1 white turnip, cubed
- 2 tablespoons raisins
- 1 can (15½ or 19 oz.) chick-peas (garbanzo beans), drained and rinsed
- 1 can (13¼ or 14½ oz.) chicken broth
- 2 small zucchini, cut into ½-inch slices
- 6 rib lamb chops, ¾ inch thick
- Salt and freshly ground pepper
- 1½ cups couscous (semolina), cooked according to package directions

In large skillet heat oil over high heat. Add chicken, onion, salt, ginger, cumin, turmeric and ground red pepper; sauté 3 minutes. Add carrots, turnip, raisins, chick-peas and chicken broth. Bring to a boil; reduce heat, cover and simmer 10 minutes. Add zucchini and simmer covered 5 minutes more.

Meanwhile, preheat broiler and broiler rack. Pat lamb chops with paper

towels; sprinkle with salt and pepper. Broil 3 inches from heat source 6 minutes per side for rare. Keep warm.

To serve, spoon couscous onto plates; top with chicken-vegetable mixture. Serve lamb chops on the side. Makes 6 servings.

Nutrition information per serving: 770 calories, 37 gm fat, 47 gm protein, 60 gm carbohydrates, 795 mg sodium, 132 mg cholesterol.

QUINOA PILAF

pictured on page 135

Quinoa, first used by the ancient Peruvians, has a mild flavor and cooks quickly. You'll find it in health food stores.

Prep time: 5 minutes

Cooking time: 20 minutes

- 1 cup quinoa
- 2 cups water
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons butter or margarine
- ½ cup minced onion
- ½ cup finely diced carrot
- 2 tablespoons chopped parsley

Rinse quinoa in a fine sieve. In medium saucepan combine quinoa, water, salt and pepper. Bring to a boil; reduce heat to low, cover and simmer 15 minutes. Drain.

Meanwhile, in small skillet melt butter or margarine. Add onion and carrot; sauté 5 minutes. Remove from heat. Toss with quinoa and parsley. Makes 6 servings.

Nutrition information per serving: 150 calories, 5.5 gm fat, 4 gm protein, 20.5 gm carbohydrates, 242 mg sodium, 10 mg cholesterol.

SCOTCH BROTH

pictured on page 135

A very satisfying main-dish soup on a chilly autumn day.

Prep time: 20 minutes

Cooking time: About 2 hours

- 3 pounds meaty lamb neck bones
- 9 cups water
- 1 onion, chopped
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- ½ cup pearl barley
- 1 cup frozen peas
- 3 carrots, julienned
- 1 turnip, julienned
- 1 leek, julienned
- 2 tablespoons chopped parsley

In large stockpot or Dutch oven, combine lamb, water, onion, salt, pepper and thyme. Bring to a boil; reduce heat and simmer uncovered 1 hour. Add barley and simmer 1 hour more. Refrigerate overnight. Skim fat from soup. Remove meat from bones; chop meat and return to soup. Heat to boil-

ing; add peas, carrots, turnip and leek. Cover and simmer 10 minutes. Add parsley and serve. Makes 6 servings.

Nutrition information per serving: 235 calories, 11 gm fat, 20 gm protein, 23 gm carbohydrates, 661 mg sodium, 60 mg cholesterol.

WHEATBERRY CHILI

pictured on page 135

When we had our chili contest last January, Governor Ted Schwinden of Montana thought up the idea of us using wheatberries instead of beans.

Prep time: 25 minutes

Cooking time: 3½ hours

- 3 tablespoons salad oil, divided
- 1 pound beef chuck, cubed
- 1 pound lean pork shoulder, cubed
- 2 cups chopped onions
- 2 tablespoons chili powder
- 1 tablespoon minced garlic
- 2 teaspoons cumin
- 1 teaspoon red pepper flakes
- 2 teaspoons salt, divided
- 1 can (14½ or 16 oz.) tomatoes
- 1 can (13¼ or 14½ oz.) beef broth
- 1 cup wheatberries
- Water
- 2 slices bacon

Sour cream and green onions, for garnish. In large Dutch oven heat 1 tablespoon oil over high heat. Pat meat dry with paper towels. Add to Dutch oven in batches and brown, adding remaining oil as needed. Transfer browned meat to a bowl. Add onions to Dutch oven and cook, stirring occasionally, 5 minutes. Add chili powder, garlic, cumin, red pepper flakes and 1 teaspoon oil; cook 1 minute more. Return meat to Dutch oven; add tomatoes and beef broth. Bring to a boil; reduce heat, cover and simmer 1½ hours. Refrigerate overnight. Skim off fat.

In medium saucepan combine wheatberries with 4 cups water, beef broth and remaining 1 teaspoon salt. Bring to a boil; reduce heat and simmer covered 1½ hours. Drain; discard liquid. Add wheatberries to chili. Bring to a boil; reduce heat and simmer uncovered 30 minutes more. Garnish with sour cream and green onions. Makes 8 servings.

Nutrition information per serving: Without cream and green onions, 430 calories, 26 gm fat, 22 gm protein, 22 gm carbohydrates, 1,032 mg sodium, 81 mg cholesterol.

OKRA AND TRITICALE SALAD

pictured on page 135

*This recipe is from our late friend, writer Bert Greene. It is included in his book *Greene on Grains* (Workman).*

Prep time: 20 minutes plus soaking

Cooking time: 50 minutes

- ¾ cup triticale

Water

(continued on page

"Worthy of the name Hunt's!"

Dear Sirs:

My family has just tried our first can of your new spaghetti sauce, and it instantly became our number one choice.

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Consumer letter on file.

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be Hunt's.**



The first name in tomatoes, the last word in Spaghetti Sauce.

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The brilliance of gold.
The magic of Christmas.*



The Gold-on-Crystal Christmas Bell Ornaments

GREAT GRAINS

Continued from page 174

und okra, sliced thin
p yellow or red cherry tomatoes, halved
allot, minced
apeño chili, minced
lespoon chopped fresh mint

ng
teaspoon minced garlic
teaspoon salt
teaspoon Dijon mustard
tablespoon red wine vinegar
tablespoons tomato juice
tablespoons olive oil

small bowl soak triticale in 2 cups water overnight.
transfer to a saucepan; add 1 more cup water. Bring to a
reduce heat, cover and simmer until tender, 50 min-
Drain and refrigerate at least 1 hour.

medium bowl combine triticale with remaining ingre-
dients. Add dressing and toss. Serve at room temperature.
es 4 servings.

sing: In small bowl mash garlic and salt to a paste.
isk in mustard, vinegar and tomato juice. Whisk in oil.

on information per serving: 205 calories, 30.5 gm fat, 4 gm protein, 5 gm
hydrates, 343 mg sodium, 0 mg cholesterol.

T SOUFFLÉ

ow way to introduce your family to an unfamiliar grain.

ime: 40 minutes

g time: 35 minutes

ups plus $\frac{3}{4}$ cup milk
up millet
teaspoon salt
eggs, separated
up sharp Cheddar cheese
up sliced green onions
teaspoon ground red pepper

ucepan combine $1\frac{1}{2}$ cups milk, millet and salt. Bring to
l; reduce heat, simmer covered until milk is absorbed.
heat oven to 350°F. Grease a $1\frac{1}{2}$ -quart soufflé dish.
remaining $\frac{3}{4}$ cup milk, egg yolks, cheese, green onions
red pepper into millet; set aside. In mixer bowl beat
whites until soft peaks form. Fold whites into millet
ure. Pour into prepared dish. Place dish in baking pan;
1 inch boiling water into baking pan. Bake 35 min-
or until lightly browned. Makes 6 servings.

on information per serving: 220 calories, 12 gm fat, 12 gm protein, 16 gm
hydrates, 378 mg sodium, 169 mg cholesterol.

LI

uropean breakfast food loaded with flavor and fiber.

ime: 10 minutes

g time: 15 to 20 minutes

ps quick-cooking oats, uncooked
a each chopped almonds and chopped hazelnuts
p toasted wheat germ
p each diced dried apricots, diced prunes and raisins

eat oven to 350°F. Spread oats and nuts in a jelly-roll
Toast 20 minutes. Stir in remaining ingredients. Cool.
e in a covered jar at room temperature up to 1 month.
e with milk. Makes 7 cups.

on information per $\frac{1}{2}$ cup: 215 calories, 7 gm fat, 8 gm protein, 32 gm
hydrates, 3 gm sodium, 0 mg cholesterol.

es developed by Lisa Brainerd.



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INSIDE THE JOURNAL KITCHEN

getting the
most from
this month's
recipes



For 105 years, *Ladies' Home Journal* has been dedicated to providing first-rate recipes as well as up-to-the-minute information on food trends that reflect our changing lifestyles. To ensure that our recipes meet the highest standards for flavor, nutrition, appearance and reliability, we test them a minimum of three times in our own kitchen. That makes for quality you can count on.

cholesterol HOTLINE

Have questions about fat and cholesterol and the best foods to choose? Call FACTS, Mazola's Fat and Cholesterol Tips Service, at 800-662-FACT, for a heart-to-heart talk with a health professional (a nutritionist or a registered dietitian). Each caller will be offered a free booklet about good nutrition. The toll-free hotline will be open from 9 A.M. to 5 P.M. Eastern time Monday through Friday throughout September.

degree of difficulty
We've designed symbols to help you determine the ease of preparation for each recipe.

○ Easy
◐ Moderate
● Challenging
Ⓜ Microwave

the APPLE of your pie

Granny Smith A richly flavored, tart, green-skinned apple. Best known of the green varieties. Available throughout the U.S. year-round. Good all-purpose apple for eating and baking.

Golden Delicious Light green to creamy yellow in color, this apple has very tender skin and a dessert-sweet taste. The flesh retains its whiteness after cutting longer than that of other varieties. Good all-purpose apple for eating and baking. Available throughout the U.S. year-round.

know your MICROWAVE

Our microwave recipes were tested in 650- and 700-watt ovens. For the best results, it helps to know the wattage of your oven. If the manual doesn't tell you, use this: Bring 1 cup tap water to a boil in a 1-cup glass measure. It will take 3 to 5 minutes in a 600- to 700-watt oven, 8 minutes in a 500- to 600-watt oven. Since your oven may take more or less time to cook than we do, always check food after the minimum time stated and adjust a necessary for desired results.

Using the proper apples is essential for the best taste and texture in baked goods. Look for bright-skinned apples that are free of bruises and soft spots. Push against the skin with your thumb; if the skin wrinkles and is not taut, the apple is old and will have lost some of its flavor. Here, a list of the apples used in "As American as apple pie" (page 144). How much to buy? A general rule: 1 pound equals 4 small apples, 3 medium or 2 large.

Winesap This spicy dark-red apple is crisp, firm, juicy and slightly tart. A favorite for fresh-pressed cider as well as pies. Available throughout the U.S. from November through July.

Rome Beauty Deep ruby red or red-green, this apple has a mild, slightly tart flavor and holds its shape well during baking. Available throughout the U.S. from October through June.

McIntosh The red-green "Mac" is especially juicy, tart-sweet and very aromatic but does not hold its shape during baking. A favorite for applesauce and salads, and a popular eating apple—great for lunch boxes, too. Available east of the Mississippi from September through May.

York This light-red apple dotted with russet has a lopsided shape. It's crisp, has a slightly tart flavor and holds its shape well during baking. Also called York Imperial. Available in the Southeast and Mid-Atlantic states from October through June.

recipe index

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How to teach your kids to bake in four minutes. It's easy to do with Pillsbury Microwave Fudge Brownie Mix. Just mix up the batter, put them[®] in the microwave, and in only four minutes, you've got warm, fudgy, scrumptious, wonderful brownies.



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WHY HUSBANDS STRAY

Continued from page 126

antic dream. "If his wife can't con-
to his fantasy," says Scarf, "he
ves there is another woman who
Instead of recognizing that this is
stasy, he blames his wife."

2. When baby makes three

ost all couples confront a critical
ng point with a first pregnancy.
oming parents strongly influences
uple's sexual attitudes and prac-
as well as their general emotion-
siveness," says April Westfall. "Be-
irth, the couple have to deal with
changes in the wife's body and the
erns they have about parenthood.
result, both husband and wife
report considerable changes in
erotic feelings."

ter a child's birth, the situation
become even more tense. Hus-
and wife are now father and
er, and their roles begin to
ge. "A wife may have quit her job
duced her hours, and a husband
more pressure to provide," says
trup. For the man having trouble
ng the transition from carefree
g husband to responsible father,
dea of an affair is appealing. "He
drop the role of provider, of a fa-

ther who really doesn't know how to be
a father," Moultrup explains. "An af-
fair is a reminder of all the romantic,
unencumbered times."

For other men, having an affair af-
ter a first child is born is a way of
getting attention. Even though a fa-
ther loves his child and knows intellec-
tually that it needs almost constant
care, he may resent having to share
his wife with the new baby, says Moul-
trup. "And if the woman becomes over-
ly focused on the child, the man may
feel left out and jealous."

A child's arrival is not the only key
transition point for couples; a grown
child's departure from the home will
be one as well. "Some parents are able
to view this time as an exciting oppor-
tunity to explore new roles, but for
others it's associated with feelings of
emptiness and loss," says Westfall.

Carol Nadelson, M.D., professor of
psychiatry at Tufts University Medical
School, adds that "a husband and wife
may then realize that they don't have
much left besides their involvement
with the children. At that point, one of
them may find a more gratifying rela-
tionship someplace else."

3. When work affects his ego

Vulnerability to an affair may also be
provoked by specific events outside a

marriage. A man who loses his job or
fails to get an expected promotion, for
example, may be open to anyone who
promises to help repair his shattered
ego. "I'm seeing a lot of men aged forty
to fifty-five who have lost jobs they
counted on having until they retired,"
says David Moultrup. And if, rather
than understanding the blow her hus-
band has suffered, a wife "is after him
to get a job quickly and get that pay-
check coming in, I'd anticipate a man
might have an affair."

That a man would get involved with
another woman as a way to bolster his
wounded ego is no surprise. What is
surprising is that he might cheat be-
cause of his success. In fact, newfound
success may offer a man increased op-
portunity to stray because more women
will now be attracted to his power and
money. Many husbands, of course, sim-
ply enjoy the flattery of such attention
and leave it at that. But others will
decide to act on it.

More often, however, an affair hap-
pens because the marriage has been ne-
glected during the husband's pursuit of
his career. "Once he starts to fulfill his
professional goals and has more time to
focus on the marriage, he sees that it
pales by comparison with the other
things he's achieved," notes Westfall.
"The idea of having a (continued)

■ WHY HUSBANDS STRAY

continued

new partner—often someone known from the workplace—seems like an easy remedy.”

For Jill, twenty-eight, such a discovery was a brutal surprise. She'd met and married her husband, Stephen, in college; throughout the six subsequent years he spent getting his medical degree, she was totally supportive and understanding. They never fought, and all their friends thought of them as an ideal couple. But because they were so preoccupied with their careers, they had no real emotional interaction. Then, shortly before the end of Stephen's residency and a planned move to Denver, Stephen dropped the bombshell: He wasn't sure he wanted Jill to go with him. He told her he felt cut off from her, as if they were strangers. Then he confessed that he'd been involved for months with another doctor at the hospital. "At least," he told Jill, "I can talk to her."

"It was like being the butt of an awful joke," Jill remembers. "For six years we had sacrificed everything so Stephen could reach this point in his career. And once he had, it looked like our marriage was the sacrifice."

4. When he fears growing older

Although the image of the middle-aged man trying to fight aging by having an affair with a nubile nineteen-year-old has long been something of a joke, the tensions and fears most men confront in mid-life are very real.

On the most basic sexual level, there are new issues of physiology to contend with. As men get older, most discover that they don't become sexually aroused as easily as they did in the past. If a couple realize that this is perfectly normal, the changes shouldn't interfere with their sex life. But if they don't understand why these changes are taking place, the man may fear that he's losing his potency—and he may look outside the marriage for reassurance that he is not.

Middle age also brings a man face-to-face with his own mortality and the limitations of his life. It's a time when he must acknowledge that there are some things he will never do and some dreams that will never come true. Having an affair may be an attempt to avoid dealing with these realizations.

Forty-seven-year-old Ted, a less-than-successful businessman, began an affair after he received a double blow: He attended a college reunion with classmates who remembered him

as "most likely to achieve," and his son became engaged to a very beautiful young woman who clearly saw Ted as an old man. "When I confronted him with my suspicions about his affair, he was very blunt," recalls his wife, Johanna. "He told me, 'I like seeing her because she thinks everything I do is wonderful. She makes me feel good.'"

5. When his past influences his present

What can be especially confusing—and infuriating—to a wife is that a husband may have an affair when there seems to be nothing wrong with the marriage. But on closer inspection, he

"When a man comes from a home where there have been affairs, it's more likely to happen again."

may be acting out deeply rooted psychological scenarios. He may be someone who has a hard time dealing with intimacy and uses an affair to keep emotional distance between himself and his wife.

The tendency to avoid intimacy or deal with tension by having an affair may have its roots in the way such problems were handled in a man's own family, points out April Westfall. "Families have different vulnerable spots," she says. "When a man comes from a home where there have been affairs or divorce, it's more likely to happen again."

Then, too, some men have never learned to express even minor dissatisfactions they have in a relationship, adds David Moultrup. "Most of the people I see who get involved in affairs are not skilled at identifying and expressing their unhappiness," he says. "They deal with the dissatisfaction by finding someone else."

After the affair

Do turning-point affairs signal the end of a marriage? Not necessarily. The experts are quick to point out that such affairs may be one-time-only events. "People are unprepared for the guilt and emotional trauma an affair causes," says April Westfall. "It doesn't seem worth it to do it again, so they don't."

And when a relationship has been

marked by years of unexpressed need, disappointments and anger, the cover of an affair may be devastating enough to at least get husband and wife talking. And the intense rework some couples undertake to give them a much stronger marriage.

The ideal goal, of course, is to prevent an affair from happening in the first place. If a husband and wife really communicate, then the chances they are going through can be shared.

The experts stress that this kind of communication needs to begin early in the relationship. In fact, Maggie S. believes that what happens during the disillusionment phase—which occurs shortly after marriage—can help set the tone for the years that follow. It's a critical time to determine whether the relationship will ultimately flourish, she says. "You need to learn to talk about what's going on."

For a woman like Elizabeth, who was afraid her husband, Al, might be having an affair, understanding why he finds another woman's attention so alluring could help prevent him from continuing to seek it, says Anna L. Benningfield, Ph.D., a Dallas psychologist on the board of directors of the American Association for Marriage and Family Therapy. "We think that if someone talks about something, they're going to do it," she notes. "But that's not always true. Sometimes talking is a substitute for doing."

A man who keeps mentioning another woman finds that she may be searching for reassurance, Benningfield. "If a wife realizes that, then she might say something like, 'That woman must think you're really sexy, and I understand why—you're the best-looking man at the party,'" she suggests Benningfield. "That way the wife is affirming his attractiveness and he'll love it."

For Jill and Stephen, renewed communication proved the key to marriage survival. During six difficult months of counseling, they talked it out and started over. "It's like a whole new marriage," Jill reports happily. "We're thinking about having a child."

And that, of course, will mean a whole new situation to confront. For the couples who talk intimately to each other, who work to be each other's best friend, who pay attention to each other's needs and allow each other to grow and change, personal and marital transitions will simply be regarded as a natural part of marriage. "What really matters is the continuity of the relationship all along," says Scarf. "A marriage is not a machine you can take into a mechanic at certain times. You should be maintaining it throughout the journey."

AN THIS MARRIAGE

Continued from page 20

fusioned with things.

This simple realization was a breakthrough for the couple. At this I told them I believed Maureen would benefit greatly from a few sessions. As a child she had had to be the obedient, good girl in to survive with her stepmother, she had brought the habit of not sticking up into her marriage. I wanted to help her learn to communicate feelings and to assert herself.

She had her rehearse conversations I pretended I was Jim. We started with simple needs, such as, 'I'd like to take the kids to that concert in the ' and building up to, 'I'm bored talking about bake sales and school bus patrols; I'm planning on going up for a course at night.'

At first, Maureen had a lot of trouble saying what was on her mind, but eventually, she opened up and understood that sharing her feelings with me was healthy and not threatening.

As a result of the counseling, Jim and Maureen also began to talk more to each other. To achieve more balance in their lives, they made lists of what they wanted to do on both a short- and long-term basis. At one session, they presented me with a workable solution to their present dilemma: Jim agreed that Maureen would become an active partner in their business, and she agreed to try backpacking so they could have a common leisure interest.

As it turned out, Maureen was a checkbook collector; eventually, she took over all the personal phone calls and most of the paperwork. At her initiative, she also took some courses to begin to computerize the business, which has saved countless hours of time. This has freed Jim to concentrate on running up new business, the part of the job he enjoys. Though he actually does less than Maureen does at this time, neither minds.

What's more, Maureen has discovered a love for the outdoors, and we have instilled it in their children. Weekend camping trips are part of the family activities, and Jim no longer feels like an observer in his own life. In his spare time, he has begun to volunteer at the local animal shelter. After years of unsatisfying work, he feels terrific to finally do some good work, he said.

The counseling ended after six months, and though Maureen called recently to tell me some good news. Andrew, whose grades had slipped during the marital crisis, had gone to summer school and was accepted at a nearby community college. Susannah, who had always



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been a good student, was once again on the junior high school honor roll and captain of the cheerleading squad. The business was healthy, and to celebrate their upcoming anniversary, Jim and Maureen had taken off a month to go white-water rafting on an Outward Bound course in Colorado while the kids stayed with her sister.

"All in all, both Jim and Maureen are personally better off for having worked through his mid-life crisis. Since their hearts were in the right place, they were able to rechannel their efforts and emerge with a strong relationship that will not only last but be rewarding for them both."

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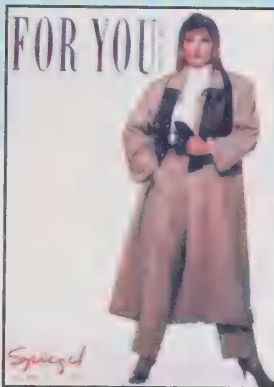
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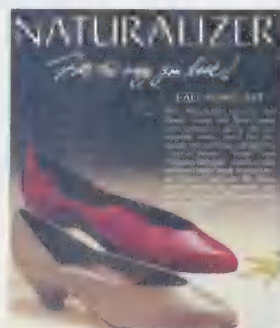
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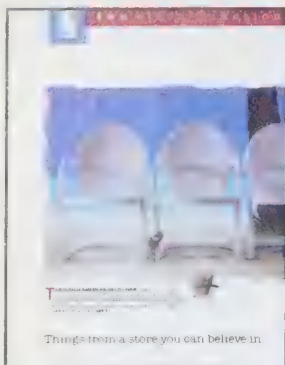


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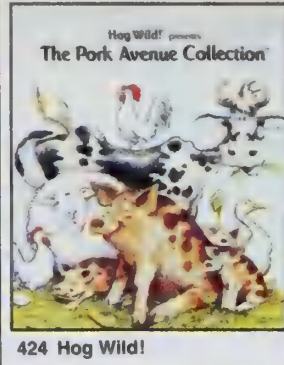
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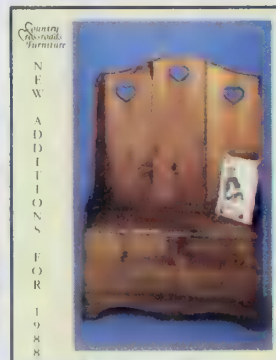
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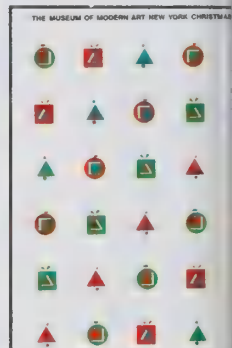
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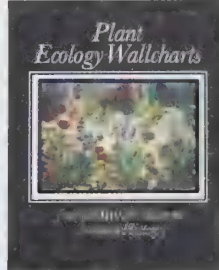
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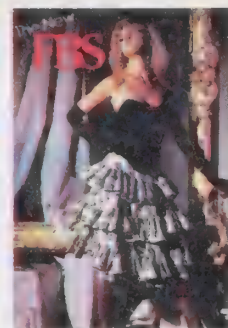
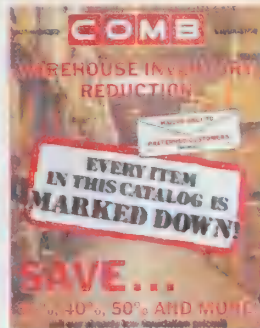
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Style

434 The Chef's Catalog

437 Swimsuit International

440 C.O.M.B.

443 FBS



Tannery West

435 The Cat's Pyjamas

438 Country Store

441 Rowe Pottery

444 Signatures



Beau Solay

436 Amish Kraft

439 Seraph

442 Gooseberry Patch

445 Oodles

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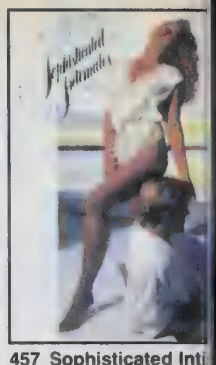
450 Xandria



452 International Catalog



454 Voyages



457 Sophisticated Intimates



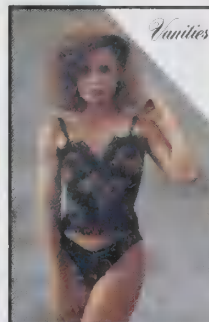
449 Catalogue Revue



451 Sexy Lingerie



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405 2.00	412 5.00	419 2.00	426 2.00	433 2.00	440 2.00	447 2.00	454 3.50	461 3.00
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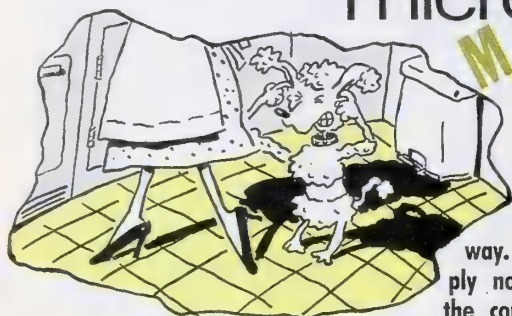
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EVERY TIME YOU POP A FROZEN DINNER IN THE OVEN, FIFI STARTS HOWLING. IS SHE HUNGRY? OR COULD IT BE

microwave MADNESS?



We love our electronic appliances, but our pets may not feel the same way. A dog's ears are simply not made to withstand the conveniences of modern

life. We've all heard of dogs who howl along with the TV—it's not a commentary on the entertainment but a response to painful high-pitched sounds that are inaudible to us. Well, it seems that microwave ovens can cause the same trouble, according to Gary Sampson, DVM, an animal behavior specialist from Indianapolis. If your pet is having trouble coping with your cooking, removing him from the room should help, says Sampson. You can also call in a repairman to adjust your appliances.

free help

for problem pets

Gwen Bohnenkamp, who runs the animal behavior hotline for the San Francisco SPCA, has heard it all, from the Great Dane who taught himself to open the refrigerator (and eat the food inside) to the dog who went out every morning to fetch his master's newspaper—and rounded up all the neighbors' papers as well! So as you might expect, she's an expert in animal behavior problems. Actually, according to

Gwen, whose staff fields more than five thousand calls a year, the vast majority of problems fall into more ordinary areas: For cats, not using the litter box is by far the most common problem. She says the cure is usually just a matter of cleaning the litter box every day. Cases resistant to that approach may need more follow-up, she says, because the cat may have an illness, such as feline urological syndrome, that is

causing it to avoid the box. For dogs, the most common problem is biting. This is a serious situation that requires careful attention. The other most common problems for dogs are barking and destructive behavior; for cats, it's destructive behavior and not getting along with other cats in the home.

Gwen has encountered these problems so often that she has prepared extensive written instructions for pet owners on how to deal with them. You can get a copy of Gwen's sage advice on these basic pet problems or an answer to an individual question by writing to the San Francisco SPCA and sending a stamped self-addressed envelope to Pet Problems Q & A, Box LHJ, San Francisco SPCA, 2500 Sixteenth Street, San Francisco, CA 94103.



Not every pet is as well trained as Lassie. If your cat or dog is misbehaving, read on

Hairy situation

My German shepherd is constantly shedding all over the furniture. I've tried brushing him every day and giving him vitamins, but nothing works. I'm about ready to tear my own hair out. Is there something wrong with him?

Relax—there's nothing wrong with your dog's health. Your only solution to the shedding problem may be to get a good vacuum cleaner—and accept the situation. It's a common misconception that you can stop shedding by changing the dog's diet or improving coat care, but you cannot alter a natural shedding pattern. Some dogs just shed more than others.

Nevertheless, you are taking excellent care of your dog and should continue with your regimen. A good diet is important in maintaining a dog's health and appearance, and brushing keeps the coat looking nice. Frequent brushing sessions also give you a chance to examine the dog for skin problems.

Dog lovers who are really concerned with keeping shedding to a minimum should choose low-shedding breeds such as poodles, Scotties, West Highland white terriers and boxers.

new pet food quality control

Starting in 1989, you'll be seeing new information on pet food labels. In response to new federal regulations American pet food companies have agreed to adhere to stricter standards in testing their products. Manufacturers will be required to resubstantiate nutrition claims every two years (until now, continuous monitoring was not required) and prove by feeding trials that the stated contents are readily digestible by the animals. Labels will have to state what testing methods were used.

If you've been buying supermarket pet food, give your dog this spot quiz.



Examine mouth.

your dog's upper lip to view the teeth. Are they:
Clean, white and glistening.

20 pts.

Yellowed with signs of residue.

5 pts.

Decaying with evidence of tartar.

0 pts.

Humans, diet plays a major role in canine oral hygiene. If you didn't check A, chances are you feed your dog a steady diet of dry foods, which can result in dental problems. Dry foods, however, help cleanse a dog's teeth and gums.

Thoroughly comb your fingers through your dog's hair in the opposite direction it lies naturally. Is it:

• skin coat.

A. Healthy, vibrant and free of any flaky deposits. 30 pts.

B. Dry, lackluster and poorly elastic. 5 pts.

C. Excessively oily, smelly with uneven growth. 0 pts.

There are normal variations in different breeds of dogs at different times of the year. However, poor nutrition always adversely affects skin and hair. Dogs that exhibit dry skin and hair eat a diet with the improper balance of fats and protein, vitamins and minerals.

3. Examine stool.

Stool size and consistency are good indicators of a dog's overall well-being. Is it:

A. Small and firm. 30 pts.

B. Large and hard. 5 pts.

C. Large and very soft. 0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies.

Small, firm stools are easier to clean up, and also demonstrate your dog has properly assimilated crucial nutrients. Stool consistency indicates the quality of

nutrients.

Stool from a poor source may be soft. A hard stool can represent a mineral or fiber imbalance.



4. Inspect nose and footpad leather.

Feel the tip of your dog's nose. Is the skin:

A. Tough yet pliable, with a slightly moist appearance. 20 pts.

B. Stiff, crusty or dry. 5 pts.

C. Very hard or cracking. 0 pts.

The nose leather of a healthy animal is clean, smooth and resilient. Similarly, footpad leather should be smooth and tough, yet pliable.

Nose or footpad leather that is dry or cracked may suggest a diet lacking essential nutrients and fatty acids.

If your dog scored 85 or less, don't just change dog food, change where you buy it.

All dogs have dietary requirements that demand quality sources of protein. Meat protein best satisfies those requirements.

However, many leading supermarket dog foods rely on grains for their main source of protein. Iams relies on meat, poultry and egg protein.

And Iams isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. By veterinarians, breeders and pet specialists.

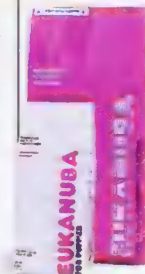
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So buy Scripto this back-to-school season—and make your mark in the fight against drug abuse.



Scripto
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■ AMERICA'S TEN BEST

continued from page 75

contributions of different cultures are emphasized. A child studying folklore, for example, would learn about the traditions of the native American Indian and how similar they are to African customs.

Such curriculum changes require widespread community support and funding. So far the school budget has allocated \$250,000 a year toward the project, and the district trains teachers to use the new resources.

"We want children to realize that though people are different, we're also very much alike," explains Elaine Grannis, integration services coordinator of the Harlan Tubman Middle School. "We want to do more than just celebrate ethnic holidays."

Want to know more? Contact Carolyn Leonard, coordinator, Multicultural/Multiethnic Education Office, Portland Public Schools, P.O. Box 3107, Portland, OR 97208-3107.

Keeping kids in school

Gompers Secondary School, San Diego, California,

plus four pilot programs nationwide

The figures are discouraging: More than one out of every five high school students will drop out before graduating, the federal government says. For minority youngsters, the rate is even higher—one out of two.

But a four-year-old pilot program called STEP (Summer Training and Education Program) is doing something to change those statistics, by rescuing seemingly intractable hard-core dropouts with a unique combination of classroom work, employment and counseling.

Under STEP—which is being tested in Boston; Fresno, California; Portland, Oregon; Seattle; and San Diego—kids get remedial instruction in reading and math, and they're offered part-time jobs. But just as important, they spend a large part of their time in intensive life-skills sessions that help them deal with their problems, ranging from sexual questions to family discord. "We give them everything from confidence-building sessions that let them know someone cares, to contraceptive advice—since teen pregnancy is the number-one reason girls drop out," says Jo Miller, a teacher at the San Diego project.

And unlike most dropout programs that concentrate on kids in senior high school, STEP focuses on fourteen- to fifteen-year-olds. "If we catch them early, we have a better chance," adds Miller.

Clearly, the program is working. A recent follow-up study showed that a group of high schoolers enrolled in STEP started out a year and a half behind grade level in math and reading. After completing the program, they ranked half a grade level ahead of a comparable group of classmates involved only in a summer job program.

Want to know more? Contact Frances Vilella-Venegas, STEP Project Coordinator, Public/Private Ventures, 1500 Market Street, Philadelphia, PA 19106.

Anne C. Lewis is an award-winning writer specializing in educational topics.

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THE PRONTO SYSTEM

■ GANG RAPE

continued from page 133

was thinking of the school year ahead of her.

As Lisa started to cross the street, she heard the sound of screeching tires and saw with a sudden rush of fear that the yellow car had blocked her way. Before Lisa could run, two of the men jumped out of the backseat and grabbed her. She felt the cold, sharp steel of a knife pressing against her neck as they dragged her into the car.

"We'll teach her to have some respect," the driver said as the car sped away. The other two men tightened a rope around Lisa's neck. "We'll show her what she's worth. The bitch."

The car reeked of alcohol, and empty beer cans covered the floor of the backseat. The rope was choking her, and Lisa thought she was going to black out as she heard the men talking about what they were going to do to her, their words violent and obscene.

Oddly, the horrifying conversation was interspersed with idle talk about bill-paying and mutual friends, and the sense of camaraderie in the car contrasted sharply with the trio's degrading, hateful attitude toward Lisa.

Moments later, as the two men in the backseat ripped her clothes off, Lisa, terrified, was sure she was going to be killed. The car pulled into a deserted parking lot, and one of the men forced her to perform oral sex. Then the two other men pulled her out of the car, and both raped her.

Several hours later, the men gave Lisa back her clothes and drove to a park, shoved her out of the car and sped off. Lisa staggered, sobbing, to a friend's house and was taken to the hospital, where she reported the attack to police. The ordeal was over, but the horror would continue for years.

"That fall, my co-workers told me I looked bad," says Lisa, her green eyes focused on a distant spot. "I had constant nightmares that I was being chased or that people were choking me. It got so that I was sleeping about an hour and a half a night. I started to use sedatives and alcohol to help me sleep. Even in daylight, I was afraid to go outside."

A silent agony

Although Lisa reported the case to the Denver police, they never found her assailants. The men, who had probably raped other women before Lisa, remained free to choose other victims. And in all probability, those victims, unlike Lisa, would remain silent. For gang rape, one of the most terrifying and degrading of all crimes, is also one of the least reported.

d After the attack,
I had constant
nightmares that
I was being chased.
Even in daylight,
I was afraid
to go outside."

About thirteen thousand women do report each year that they have been the victim of a rape in which there is more than one attacker, according to the National Crime Survey of the Bureau of Justice Statistics. But rape-counseling experts believe there are many other women who do not tell authorities what has happened to them.

"It's clear from the work of rape-crisis centers that gang rape occurs much more often than it's reported to the police," says Nancy Biele, president of the National Coalition Against Sexual Assault, in Minneapolis.

"The trauma is extensive," says Barbara Webster, director of the Sexual Assault Center, of the Women's Center of San Joaquin Valley, in Stockton, California. "Somebody who's raped by a gang might experience several incidences of oral sex, rape with a foreign object and anal intercourse as well as vaginal rape. And you would think victims of gang rape would be more likely to seek redress through the criminal justice system, but they are much less likely to report it, because of embarrassment, as well as fear."

Women who do call the police, and whose assailants are caught, often find that their nightmare has just begun. "The victim is outnumbered," says Karla Miller, director of the Rape Victim Advocacy Program, in Iowa City, Iowa. "If she was raped by six people, you have six people corroborating one another's story, and each has a lawyer. They say it didn't happen that way. Ultimately, she's the one who ends up on trial." And if the assailants are tried separately, the victim must go through the ordeal of testifying several times, enduring repeated, degrading questioning by defense lawyers.

Tragically, the victims of gang rape often do not find much sympathy outside the courtroom either. "To make it sound like the victim is a willing participant," says Miller, "close friends are likely to think the victim must have encouraged the attackers, and this attitude can hurt the victim herself; Lisa won't say whether she hadn't brought on the rape by glaring at her assailants."

"With this kind of reaction, victims distance themselves from the reality of the crime," says Biele. "We say, 'Was the victim doing in that desolate spot? Why was she wearing those clothes? Why is she so pretty?'"

These insensitive attitudes perplex experts say, despite overwhelming evidence that gang rape happens to women of all ages, and in widely varying circumstances. Victims of gang rape include Martha, a ninety-three-year-old widow from Minnesota who was raped by three teenage boys after they stopped them from picking apples from her apple tree; Deena, twenty-two from South Carolina, who was raped, beaten and sexually assaulted by a acquaintance and four of his friends after she offered them a lift; and Julie, a twelve-year-old from California whose rape by four teenagers was temporarily interrupted by a forty-year-old man who decided to join in the assault. In one recent case in Tennessee, authorities said a nineteen-year-old woman was abducted as she walked along a street near her home, taken to a cock fight outside the small town and raped by nine men, most of whom she knew. A tenth suspect, a juvenile, was also charged.

And no segment of society is immune, as a thirty-five-year-old Minnesota businesswoman found when she was gang-raped at her health club by seven men after competing in an otherwise all-male racquetball tournament. "I don't know whether they punished her for being good or simply for playing in a men's tournament," she says. Although the woman reported the assault to police, she decided not to go forward with prosecution. "There was a fear of public disclosure," Biele says. "She was an executive, and she wanted to put it all behind her. Very soon thereafter, she moved away."

The scandal on campus

Dozens of cases of gang rape on college campuses have been reported in the last few years, and experts say that such attacks can hardly be dismissed as spontaneous or are they spontaneous.

Bernice Sandler, executive director of the Project on the Status and Education of Women at the Association of American Colleges, in (continues)

om sat on the bench of the little
yard table as Daniel began to tell
amazing story. His younger brother
stood nearby, ready to support the
"They

child-sized seat. "Beat 'em up," Daniel
said matter-of-factly. "And I shooted 'em!"
Sam announced, waving his red plastic
water pistol. "Well, I appreciate you guys
protecting me from those bad pirates.
But what did they have to do with the
all over the table?" Mom
where their
inations
old

just like you and Sam?" she asked, trying
to lead the witness. "I'm sure! The pirate
captain drew a map and was gonna
take the table with him. But me and
Sam wouldn't let him!" "For real!!" Sam
confirmed. Mom leaned close to their
faces. "Well, those pirates are going to
be in a lot of trouble if they make a mess
like this again. Your Dad might even give
them a spanking!" "Yeah, Daddy'll show
those pirates!" Daniel shouted. Then he
and Sam dismissed themselves and
out for new adventures on
the swing set. "I don't think
they caught my drift,"
Mom mumbled to
herself. She picked
up her bottle of
Fantastik and began
to spray the plastic
tabletop. Only then did
she focus her attention on
the actual drawings them-
selves. Beside Daniel's house
sketch was an arrow with the let-
ter N at its point. And running the
length of the table was a long crooked
line that looked like some of Sam's handi-
work, except for the rather ornate X at
its center. Then she saw the elegant script,
now almost obliterated by the Fantastik.
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NORTH FROM SOUTH POINT.
Mom slowly raised her head, and
at her now tomato-
less tomato vines.

(continued)

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ntly. They
had guns and bows
and arrows and knife
teeth!" Sam blurted
excitedly, "And
all chased us!"

what did you
Mom asked, t
the ed

with the
inquiry. Dan
iel rolled his
eyes in exaspera-
tion. "Mama, that's what
I'm tryin' to tell you. The
pirates did it!" "Are you sure
wasn't a couple of little boys who look

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■ GANG RAPE continued

Washington, D.C., has studied more than eighty cases of campus gang rape, and she says the attacks are sometimes planned in advance. She has found posters for fraternity parties that invite guests to a "gang bang" or that picture a woman with a train going through her legs. (The expression "pulling train" refers to men lining up to take turns attacking a woman.)

One of the most shocking gang rapes on campus occurred during a fraternity house party at San Diego State University in 1985. One woman asked for

nonalcoholic punch but was given a drink spiked with Everclear, a colorless, tasteless alcohol. After the woman began to feel woozy, she asked to lie down and was taken to a bedroom, where she awoke several hours later, unclothed, to find a nude man on top of her and several others watching. Her assailants were said to have taken pictures of the assault.

The local prosecutor did not follow through on the case, saying that there was not enough evidence to bring charges against the fraternity members. But the university disciplined twenty-nine students in the incident, and the fraternity was barred from

university activities for five years. Sandler says the fraternity organized away from the school held a party on the first anniversary of the rape to celebrate the fact that had as many pledges as ever.

The real problem in cases like experts say, is that neither the police in such attacks nor the community considers the attacks to be rape at all. Gilda Cobb Hunter, director of Tri County Citizens Against Sexual Assault, in Orangeburg, South Carolina, says, "We've had five of gang rape in two and a half years. All involved college students or young men, and in most cases, the community seemed to believe they were young men blowing off steam."

Examining the motives

Why do men participate in gang rape? Experts say motivations include the need for control over women, the desire to vent anger, and the urge to punish a particular woman—or, symbolically, all women.

"It's the worst thing you can do to degrade or humiliate someone," says A. Nicholas Groth, Ph.D., a psychologist who works with rapists at the coming State Honor Farm, a correctional facility in Riverton, and the author of the classic *Men Who Rape: The Psychology of the Offender* (Plenum Press, 1979). "In some patterns of rape," he says, "we see each rapist in turn coming more brutal."

With hellishly perverse logic, rapists sometimes blame the victim for "couraging" them or decide that she is a "whore" because she's having sex with a group of people. One twenty-year-old, who with two friends attacked a teenager, told Groth he began slapping his victim because he decided she was promiscuous.

Men who engage in gang rapes often showing off to one another, well, or they may be unable to withstand peer pressure. "I didn't like being called chicken, so I did it," a seventeen-year-old told Groth. Another convicted rapist, a twenty-three-year-old, said he participated in the attack out of loyalty to his buddy who felt I owed him and that I could chicken out of the rape," he said.

A bizarre kind of male bonding often takes place during a gang rape. One says, "It was almost as if they were doing it for each other. They were citing each other."

This kind of behavior is found, in younger men as well, some of them little more than boys. Rape counselors are increasingly seeing evidence of gang attacks on girls in junior high and high school. (continued)

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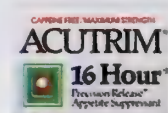


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■ GANG RAPE continued

In April 1987, for example, a sixteen-year-old from Kansas was sexually attacked by two classmates. She told an associate principal, who failed to inform the police. Two weeks later, the same youths forced the girl into an isolated school corridor and raped her for an hour. In Minnesota, two junior high school girls were surrounded last May by twelve boys, made to undress and pelted with mud.

"The media, in general, hype sexuality, and teenage boys are under tremendous pressure to assume their place as members of the 'dominant gender,'" says Laura Kiscaden, an education specialist in sex equity with the Minnesota Department of Education, in St. Paul. "In order to prove they're 'real men,' boys will sexually harass girls. We've even documented cases in grade school."

The tragic aftermath

When a woman is gang-raped by strangers, there is often extreme violence and a threat of death. As is to be expected, a woman who survives such an attack, as Lisa did, is almost always afflicted by fear—of men she does not know, of being alone, of going out-

side. Barbara Webster, of the Sexual Assault Center, also says victims of gang rapes are more likely than victims of single-assault rape to turn to drugs and alcohol in an effort to forget their ordeal. They are also more apt to think about suicide.

When the victim of a gang rape knows one or more of her attackers, her sense of trust and friendship is destroyed as well. In fact, the shame, guilt, fear and low self-esteem may be even greater than for victims of rapists who are strangers to them.

Denise, a nineteen-year-old college sophomore in California, was raped in her freshman year by four football players—one of whom she had briefly dated. "Before this, I trusted people, but now there's a lot of distrust. The man I had been going out with betrayed me completely. It's particularly difficult for me now to make male friends. I'm not social anymore. I like to be alone," she says.

One year later, Denise is still baffled by what happened. "Would they want this to happen to their mother or their sister? What do they think I am? I don't understand."

Sometimes a community's insensitivity to the victim of a sexual attack can prove almost as damaging as the attack itself. Cindy was molested

when she was fifteen by three boys who had known her since grade school. They pulled her clothes down, fondled her and fled. Moments later, two of the boys returned and repeated the attack.

Cindy ran away and was found sobbing, underneath a nearby bush. "She was prim and shy. Most of the time they thought she was aloof," says Cindy's mother, Judy, seeking a motive for the attack. "Maybe they didn't like her."

In the two years it took to resolve the case, Cindy was harassed by fellow students who chanted, "Rape, rape her, and the word 'bitch' was painted on her locker. Nonetheless, Cindy determined to stay; the teenager decided that transferring to another school would be an admission of defeat.

Cindy's parents were told repeatedly by other parents that they were overreacting. "I was called by a counselor," says Judy. "He said, 'Remember you were sixteen and you'd go out with a boy? You'd pretend you didn't like him but you really did.'"

"I told him," she says, "that when a girl says no, that's what she means."

Ultimately, two of Cindy's attackers pleaded guilty, and one was convicted. All were sentenced to probation and community service. But, incredulous, "community service" for (contin



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■ GANG RAPE continued

two of the boys was managing the baseball team to which Cindy belonged. To avoid her attackers, she had to give up a sport she loved.

Shortly after the attack, Cindy tried to kill herself, and though she received counseling, she remained fearful and depressed. A week after Cindy turned eighteen, her mother found her, dead, inside the garage, on the front seat of the family car, its motor running. At her side were some family photographs and a teddy bear.

"Cindy knew mistakes could be made by boys," Judy says, holding back tears. "Her main problem was with adults—that they wouldn't admit the boys had done anything wrong. The families of the boys kept saying that this wasn't any big deal, that there hadn't been intercourse and that they hadn't hurt her physically. True. But those boys hurt her to the depths of herself."

Finding a solution

Can anything be done to stop gang rape? On the most immediate level, experts say, women must get out of any situation as soon as they realize they are in danger. "The rules for

avoiding all kinds of sexual assault apply here," says Nancy Biele. "Don't get into a car with a bunch of guys; lock your doors, and above all, trust your instincts." Gang rapes are often preceded by verbal attacks or touching. "Be aware that that may be a signal," says Biele.

Experts also recommend that women avoid predominantly male gatherings, especially those where alcohol or drugs are heavily consumed, and that women themselves avoid excessive alcohol consumption, or any drug consumption. "The more liquor you consume, the less you're aware of danger signals," Biele says.

It is usually not a good idea to fight back, counselors say, since a woman will have little chance against several men. But each situation varies, depending on the number of men involved and the self-defense skills of the intended victim. Sometimes, experts say, it is possible to escape the attack, or lessen its severity, by establishing a rapport with one member of the gang who may prove sympathetic. Counselors stress, however, that women should do whatever they have to do in order to survive a gang rape and should not feel guilty if they don't fight their attackers.

But ultimately, experts say, if we

are to lessen the incidence of rape, we must deal with the way we think of men, women and sex.

At the root of the problem, Nancy Biele says, is the confusion in American culture between aggression and sexuality. In rock songs and video television shows, in advertising movies, men are repeatedly shown to be aggressive and women to like aggressiveness. "If you feed little aggressive messages all their lives, that leads right into the issue of sexual assault and battery," she says.

Biele believes that the message must go out at every level—in schools, fraternities, churches, community organizations and school sports teams—that gang rape occurs far more often than most people suspect, that the victims are not to blame and that such attacks are not to be regarded lightly. "You can't just go into a school and say, 'This is the way it is,' she says. "You have to go to Dad as well, to make sure he's saying that's what girls are for."

"Men need to be held accountable for their actions, whether they're fifteen years old or fifty-five," Biele says. "And women everywhere need to know that this is not an obscure, rare event. It is a crime that occurs far more often than any of us would like to believe, and it deserves society's attention."

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WHAT'S NEXT FOR CHER? continued from page 152

being referred to by fashion magazines in the hyperbolic terms usually reserved for works of art by the Old Masters. And the woman everyone said would never be able to act has made six movies in five years, which won her in turn an Academy Award nomination, international acclaim and finally an Oscar. The forty-two-year-old entertainer, who was delighted to receive \$25,000 for her first real movie role, now earns upward of \$1 million for her films and is considered one of the most bankable stars in the world.

And what must be particularly satisfying for Cher is that *we* changed, she didn't. By sheer dint of her personality, Cher has made us not just accept her for who she is but like her for it as well.

But where does she go from here, the woman who has achieved all of her goals? What do you do next when you've already done it all? Cher herself, contradictory as always, doesn't see her struggle as over. Now relaunching her singing career, she finds herself clashing with critics, most of whom were still in kindergarten when she cut her first disk twenty-three years ago with Sonny. "When I sang, they said I couldn't act," says Cher. "Now that I act, they

say I can't sing." Cher, however, wants to try everything, break every rule. And the more her detractors tell her she can't or shouldn't, the harder she works to prove them wrong.

This is the year that has been called Cher's make-or-break-it year. She made three movies back-to-back—*The Witches of Eastwick*, *Suspect* and *Moonstruck*—but suddenly she's not working on any film project. Instead, after winning an Oscar this spring for *Moonstruck* (a role she turned down twice before accepting, because "it wasn't right for me"), she's set to appear at the Sands Hotel in Atlantic City. And while she made \$350,000 a week the last time she played casinos, prancing around in feathers is hardly an assignment that Meryl Streep or any actress who wants to be taken seriously—as Cher does—would undertake.

But to understand where Cher is going, it is necessary to understand where she has been. A recent psychological study found that a woman's self-confidence is affected by her upbringing more than by any other factor. And Cher's upbringing was about as stable as a rowboat in a hurricane. Her mother married eight times, three times to Cher's father, a heroin addict who spent more time in jail than he did with Cher. "It's crazy, really," says Cher today.

"My mother was married eight times but I don't remember a man in the house when I was growing up." And each time her mother changed spouses, the family lifestyle changed dramatically. It swung from extreme poverty to a brief and confusing spell in a top private school. At that point things became so bad, Cher's mother placed her in a Catholic charity hospital. "My mother was working in an all-night diner and had nowhere to put me," recalls Cher. "It was tough. She moved me from place to place while she was doing these kinds of jobs. I think that's why I had a hard time staying with anything for a long time now."

Cher also attributes her shopping addiction to those days. "When I was young, I never had any clothes. At the stage, I went to school with rubber bands wrapped around my shoes to keep the soles on. I know that's why I spend so much money on frivolous things these days, spend too much money on clothes. It's also why I worry so much about my appearance."

Those close to Cher say she not only worries about her appearance but is utterly insecure about the way she looks. "I'm insecure about everything. It doesn't take much to shake my confidence to the bone," admits the woman who from childhood felt inferior to her blond, blue-eyed mother (continued)

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■ WHAT'S NEXT FOR CHER? continued

and sister. (Cher's exotic looks reflect her French, Armenian and Cherokee Indian genes.)

In the same way that a teenager changes outfits six times before a first date, Cher is constantly changing her wardrobe, her hairstyle, even her body. Depending on which source you use, she has had more than \$40,000 worth of cosmetic surgery. By her own admission, she's had a nose job and her teeth capped, and she had her breasts lifted after the birth of each of her children. But she denies having two of her ribs removed to make her waist look smaller or having her navel moved, and she challenges: "Find the scars, see if you can find them. You can't, because there aren't any." Since Cher exposes her navel almost as often as she appears in public, we don't have to take her word for it.

It's this same insecurity that makes Cher rarely go on the road with fewer than twenty suitcases, although the contents may be limited to black and white outfits. And while her choice of fashions may seem outrageous to a shy-soul, Cher hides behind her costumes in the same way a child grows brave when dressed up for Halloween.

Cher's confidence was further sty-

mied in her childhood by dyslexia, which went undiagnosed until she was an adult. In fact, she didn't discover she was severely learning disabled until she was thirty, when she took her daughter, Chastity, now nineteen, to be tested because she was doing so badly in school. "I got talking to one of the doctors and said, 'I know Chastity is really smart—she's just like me.' The doctor asked me what I meant, and we discovered I was dyslexic, too. It was tough not to be able to keep up in school and not know why. I didn't learn how to read until I was eighteen. Even today I have trouble with everyday things, like making change or dialing long-distance." To compensate, Cher has developed a prodigious memory.

Unhappy marriages

With such a shaky beginning, it isn't surprising that Cher chose to leave home in the time-honored fashion of many kids from unstable backgrounds—through an early marriage. It was when she married Sonny Bono that she dropped the name Cherilyn Sarkesian to become just plain Cher. Whether she was looking for the father figure she never had or not, she found one in Sonny, who was twenty-eight to her sixteen. At the beginning of their rela-

tionship, she was only too happy to let him take control, since she was passive to the point of inertia. But it wasn't long before Sonny's Svengali ways began to first irritate, then annoy and finally enrage her. After eleven years of marriage, Cher decided it was time to move on. "Sonny's probably a good husband now, but with me he was terrible," recalls. "He was dictatorial, unfaithful, demanding." Marriage to Sonny kept Cher a little girl in many ways; at the time of her divorce, she still didn't know how to write a check.

That little-girl quality was present when she met her second husband, singer Gregg Allman, shortly before her divorce from Sonny was finalized. On her first date with Allman, he passed out over a plate of Chinese food. Cher commented to a friend was "Oh, isn't it sweet, he's so tired." Friends told her he was a drug addict, but she married him anyway. The marriage lasted two years on paper, considerably less time in reality. These days Cher rarely mentions Gregg, except to say that he has a son, their son, twelve-year-old Elijah Blue. They've dated about four times since their divorce.

Virtually every man Cher has been involved with since her marriages—particularly those who are substantially younger than she is—has been described as a counterpoint (continues)

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■ WHAT'S NEXT FOR CHER?

continued

to Sonny. "She gets involved with younger men because she doesn't ever want to risk being controlled again," say those who claim to understand Cher. But Cher herself doesn't see it that way. "I date younger men because they've been raised by women who are just like me," she says, meaning that she has more in common with a younger man than she does with men her own age or older, who refuse to see women as equals. "Younger men have a different take on women and power, women doing their own job, women who don't need men to take care of them. I don't particularly care for older men as a group.

"Younger men are more supportive and a lot less demanding, and they also have more time for their relationships," says Cher. "I want somebody who still wants to go dancing or spend the day at Disneyland. Somebody who'll give me more than the little time he has left over after his day at the office. Younger men are more fun to be with, and they have a kind of softness I like."

This is particularly true of the current man in her life, Robert Camilletti, who at twenty-four is nearly nineteen years younger than Cher, an age gap large enough to have the couple dubbed

Cher and Sonny. "I don't know if Robert and I will stay together—that's not a goal. He's not the best relationship I've ever had. [Cher has always claimed that movie executive Josh Donen was her best relationship. The duo broke up when he wanted to make it permanent while Cher was still traumatized by the word "marriage."] But my relationship with Robert is the biggest Band-Aid. It's liniment, lotion, incredibly healing. I love Robert's simplicity—he makes me feel peaceful. I feel safe with him, real comfortable. He's very protective of me. He tells the truth, his morals are impeccable, and he has a great heart. I think that I trust him more than anyone I've ever known."

Love at first sight

Rob was Cher's fortieth-birthday present to herself. They met when she was out celebrating that milestone event with her best friend. She knew immediately that Rob was someone special. "Only twice in my life have I been affected that way," she recalls. "And on both occasions the men were Italians. The first time it happened to me it was when I saw Sonny. He was like an apparition, because everyone who was standing around him just faded, and it was like he was the only person there. It

was exactly the same incredible feeling with Rob—it made my heart do something weird. There's something quite electric and thrilling about it—all of a sudden the rest of the world and convention is forgotten because you only want this one thing, this one person, and you throw everything else out of the window."

And Cher has certainly done that. In fact, her live-in relationship with Rob, who is just five years older than her daughter, has brought her as much publicity as has her soaring career. And in virtually every media story, Rob is sneeringly referred to as "Cher's bagel maker." Rob, who was studying acting with Stella Adler when Cher met him, was paying for his classes and college fees by taking odd jobs—besides being a bartender and a waiter, he worked at a bagel store. The son of a construction supervisor for Con Edison, the New York utility company, Rob is no dreamer. If things didn't work out in acting, he said, he planned to have his own bakery one day.

But the bagels may have to wait. Rob landed his first acting role, in *Lover*, which is currently in production, and is looking for more projects.

"Why do we dismiss people like that?" asks Cher. "You can't dismiss Rob for calling him a bagel-maker. It's just a cheap shot." Those who know

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...s. "He's always wanted to be an
...r, and he enjoys the challenge of
...," says one.

...ven Rob was surprised when Cher
...led him out. "What the hell would
...find interesting about a guy like
...I didn't admit to myself that I was
...acted to her. We're from totally dif-
...nt worlds." To Cher he said, "I'm
...a mook from Queens." She's called
...Mookie ever since. He in turn calls
...Cherilyn. No one close to Cher calls
...that. "My sister calls me Crud, my
...friend calls me Cherilina. My mom
...me Poke," says Cher.

...s we went to press, insiders began
...ng that Cher and Rob were talking
...at getting married. Cher has al-
...y said she would like to have anoth-
...child, and she is mindful of the biolog-
...clock ticking on. "Now that I'm
...y-two, I'm going to have to hurry up.
...o had a lot of difficulties having the
...two. I spent a lot of time in the
...ital, so I'm under no illusions about
...hard it would be."

...he has also discussed the age gap
...Rob. "I said to him, 'You know,
...kie, if we stay together for a real
...time, I may start to get really

wrinkly. How are you going to feel?"
And he took my face in his hands and
squooched it up. 'Let's see, how does this
look?' Then he said, 'Okay, I think I
could stand that.' Rob's the most well-
adjusted man I've ever been with. I'm so
happy with him." Adds Rob, "Cher's a
very smart woman. I expected her to be
so strong and sure of herself, but she's
not. There's the Cher that people see
every day, but I also see a shy, wide-
eyed little girl."

The couple split their time between
Cher's two homes. On the West Coast
they share her contemporary Egyptian
pad in Beverly Hills—fourteen thou-
sand square feet on four acres—which is
worth \$7 million. In New York, they can
be found in Cher's newly converted triplex
in the East Village, which is deco-
rated in toast, beige and cream. Both
places have gyms so Cher can do her
daily ninety-minute workouts without
leaving home.

Cher bought the triplex, now worth
about \$3 million, because she wanted to
be close to her children. Chastity is
studying film at New York University,
and Elijah, who attends a private board-
ing school on Long Island, returns home
on weekends. "Cher's a really good
mother," says Rob. "Her kids are always
first on her list." Also in residence is the
eleven-month-old pedigreed Akita pup-

py that Rob bought for Cher.

How do the couple spend their time?
Appearances to the contrary, Cher is
happiest as a hombody: puttering
around the kitchen cooking pasta, need-
lepointing Christmas stockings or gifts,
which she finds soothing, and these
days, despite her dyslexia, reading. Her
favorite books are biographies, and
she's recently read those of Katharine
Hepburn, Marlon Brando and lawyer
Roy Cohn. She's also reading a little
history and has just finished a book on
the Italian Renaissance family the Me-
dicis. A night out for Cher is likely to be
spent at the movies. Cher is so movie
crazy, she has frequently gone on mara-
thons, watching three films back-to-
back in one session.

New career moves

This past summer, after all her success,
has been a tough one for Cher. She was
exhausted from making *Witches*, *Sus-
pect* and *Moonstruck* with no time off in
between. To recuperate, she canceled
all engagements, postponed her annual
family vacation to St. Tropez, and
vegged out at her home in California
battling a virus and extreme fatigue.

This month her crazy schedule begins
again when she starts cutting another
album. Shortly after, she (continued)

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WHAT'S NEXT FOR CHER

continued

will begin a twenty-city concert tour. And she will also be promoting her new fragrance, as yet unnamed, which is being marketed by Parfums Stern, a division of Avon. In November, she will have her ten-day casino engagement in Atlantic City, New Jersey. And she'll do some campaigning for Michael Dukakis. Cher says she became a fan of Dukakis many years ago when she was making *Witness* in Massachusetts. "I thought he was such a good job of running the state that I decided to back him in the presidential campaign," she proclaims.

As if all this is not enough to keep her busy, she recently formed her own movie production company, Isis. She has also been asked to be honorary chairman and spokeswoman for the International Craniofacial Foundation, an organization she first became involved with when she was making the film *Masquerade*.

That Cher is involved in politics and worthwhile issues shouldn't surprise anyone. After all, she has always taken a stand against drugs. This is the woman who declares, "Drugs are killing our country. I've never seen drugs make anyone a better person. I've only seen them ruin so many people. Greg [Allman], my father, so many people. Her other outspoken views: "I love America, but I'm very disappointed in what's going on. We don't care about who's running our country. We don't care about neighbors. We don't care about anything. We're so interested in ourselves, we don't remember why the country started or what it means. Nobody reads or writes. Everybody watches *Wheel of Fortune*. We need a different set of values so that people care if they have to step over someone who's from to death in a doorway."

Or on promiscuity: "I think it is totally wrong. Promiscuity is not good for the mind. I certainly don't want to talk about, making love with everybody I meet. Despite all the publicity, I've actually been involved with very few men. And with each of them I've had a good relationship. We could sit down and talk, know that we were friends."

How would Cher sum up Cher? "Well, I think I would say that she was this person that came from no place. Not particularly talented in any way that anyone could see. She could sing and dance a little. She was funny and flaky. But she had something, and she went on to become successful in everything that she endeavored. You see, I think if you really want something badly enough, you can figure out a way to make it happen. I mean, in America, you can grow up to be president. You just have to decide what it is and go after it."



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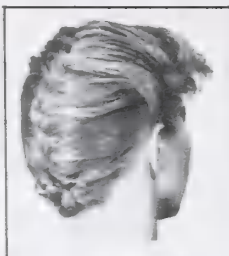
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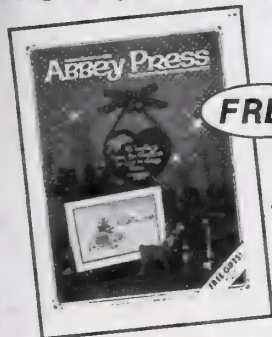
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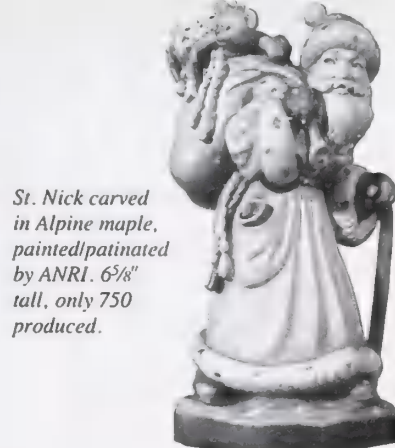


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By Myrna Blyth



a day in the life of LHJ

Food Editor Jan Hazard spent some time in the kitchen with Chef Bryan Carr and Julia Child while shooting our extra special food report!



What's a typical day like at *Ladies' Home Journal*? Challenging and busy, coming up with terrific stories for our readers. For example, in this issue, "A day in the life of the American cook" is a unique food feature that took months and months of work. First of all, the food department came up with the brilliant notion of choosing just one day and then crisscrossing the country to show exactly what Americans are eating. On May 20, 1988, the day we chose, we sent photographers and editors to twenty locations to share and shoot typical meal- and snacktimes. I think you'll agree they came back with great photos, delicious recipes and fascinating insights into how America eats.

What else is special in this issue? Our article "The war on

breast cancer" (page 141). This feature, the first in a two-part series, gives you newsmaking medical information on the disease that strikes one in ten American women. *LHJ* has also joined with a variety of health organizations, including the American Cancer Society, NABCO (National Alliance of Breast Cancer Organizations), the National Cancer Care Foundation, the American Academy of Family Physicians and the ICI Pharmaceuticals Group to make sure that millions of women get lifesaving facts about this disease. What's more, a shower card that gives directions for a breast self-exam is free to *LHJ* readers, thanks to Coors and AMC Cancer Research Center. See page 140 to order. With your help, *LHJ* is also going to contribute money to breast cancer research. (See page 128.)

Also in this issue? An excerpt from the wonderful new novel by best-selling author Anne Tyler, a Hollywood superstar beauty guide, interviews with Mrs. Bush and Mrs. Dukakis, room makeovers you can copy, an out-of-this-world tale by Whitley Strieber and an exclusive and touching story about Jessica McClure, the little girl in the well, who, a year later, is doing just fine.

What's a day in the life of *LHJ* like? Exciting, when we're producing an issue like this!

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Ladies' Home Journal (ISSN 0023-7124) October 1988, Vol. CV, No. 10. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. \$19.95; Canada, 1 yr. \$27.95; all other countries, \$27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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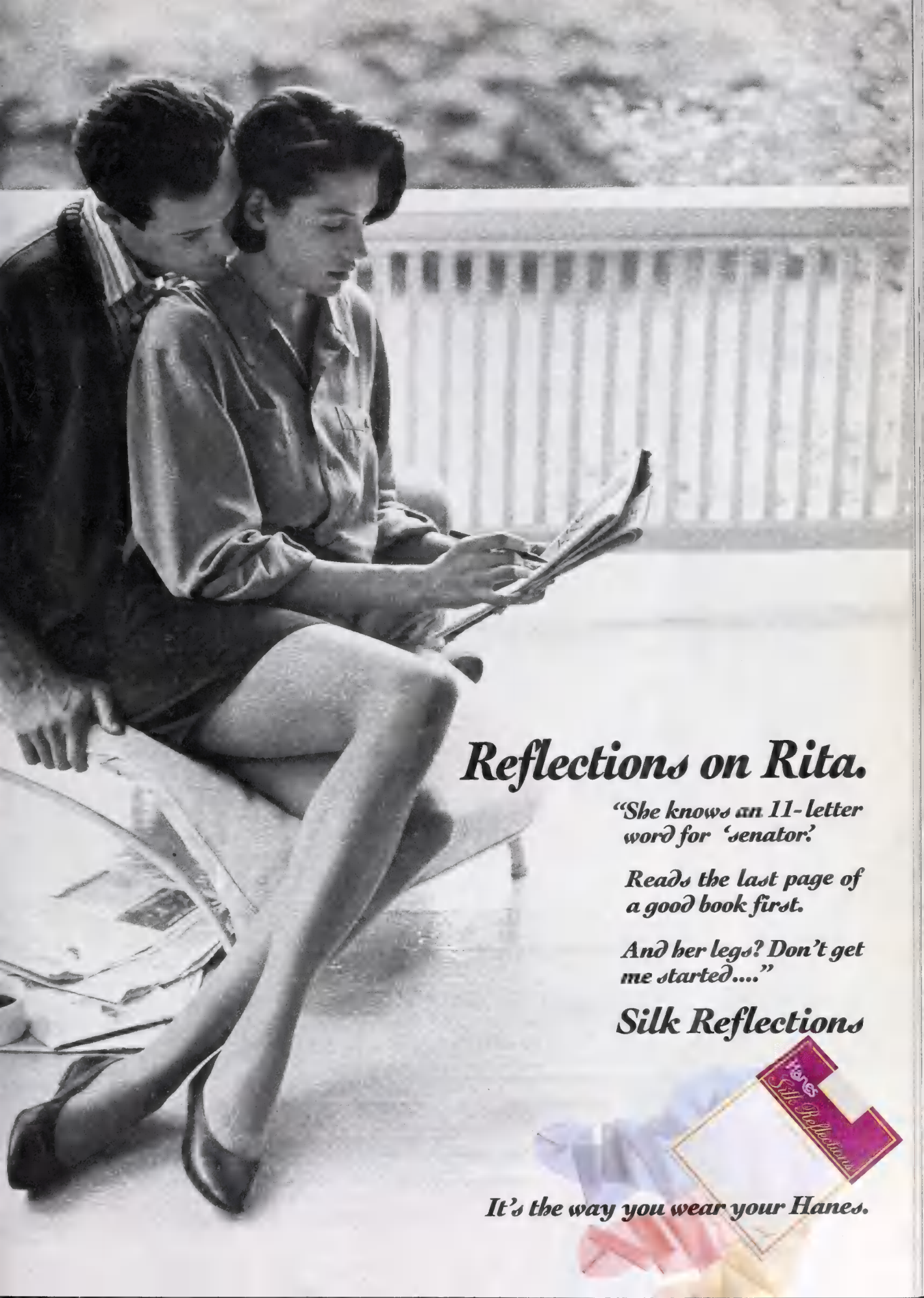
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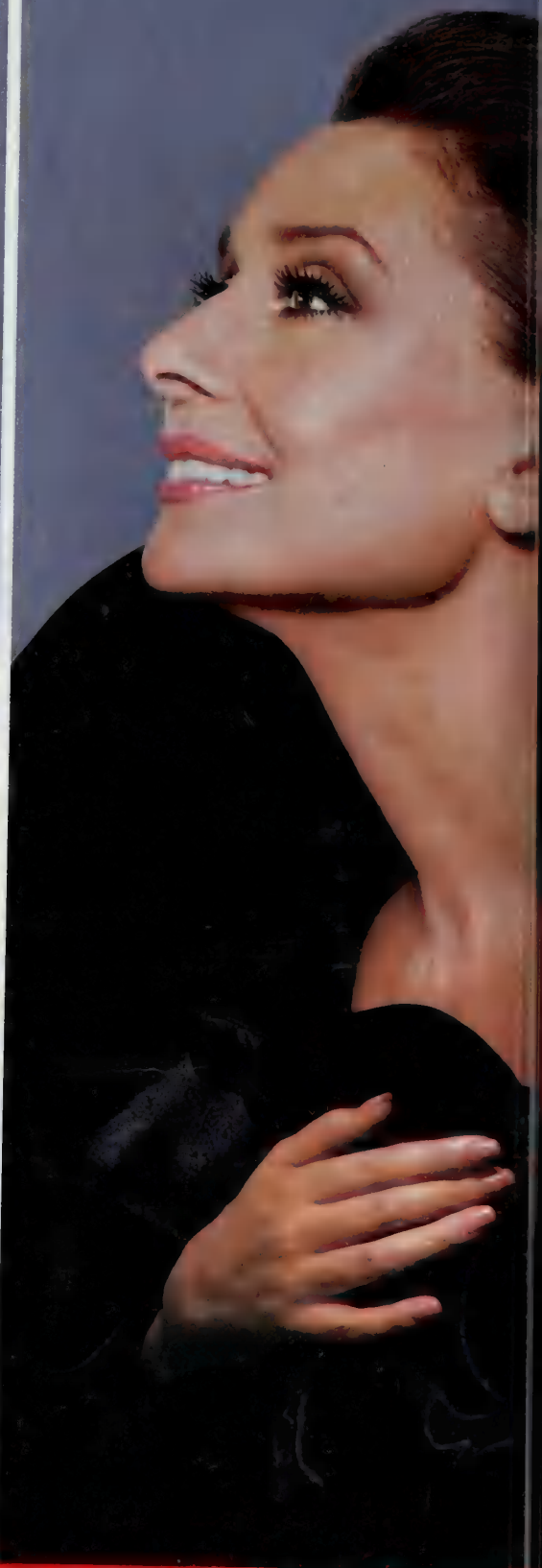
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OCTOBER

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And The Bride Wore Extremely Gentle Make-Up

NEW YORK—It was a Cover Girl photo session. But from the radiant look of her skin, you'd think she was a real bride. Extremely Gentle Make-Up from Cover Girl in Natural Beige matched her skin tones perfectly. Her skin texture had a smooth, almost poreless look. And judging by the softness of the finish, you could imagine how light this make-up felt. And the "bride" wore Extremely Gentle Make-Up. So pure. Fragrance-free. And gentle to even sensitive skin. What a make-up.



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This insidious disease will kill 42,000 women this year. Is enough being done to solve this devastating health crisis? Part I of a special *LHJ* report.
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**You are
what you
eat!**

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LHJ went coast-to-coast in one unforgettable day to find out how Americans eat. Dropping in on real people, they ate breakfast, lunch and dinner, we learned what we're putting on the table and why. Join us on our journey.

190 • Recipe index

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We want to know all about what you and your family cook, eat and shop for. Take part in our special survey.

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PAGE 156





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CAN THIS MARRIAGE BE SAVED?

My husband is so boring

By Ellen Switzer



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Phyllis Carlson, M.S.W., director of professional services for Family Service of Dedham, Massachusetts. The story reported here is true, although names and other details have been changed to conceal identities.

Carly's turn

"I MAY LOOK FUNNY, BUT I DON'T feel that way," said twenty-two-year-old Carly, who came to her first counseling session in a clown costume.

"I'm on my way to work," she explained. "I'm in the party-giving business, and I'm due at a five-year-old's birthday party in one hour.

"I made an appointment, though, because yesterday my husband, Tom, handed me divorce papers and told me to sign them immediately and end our three-year marriage or give up my party business and come home. He says he's waited long enough for me to grow up. He wants a wife, a family—and he says I'd better fish or cut bait.

"We've been separated for about six months—I'm sharing an apartment with a friend who's divorced—but Tom's demand devastated me.

"What am I going to do? I left Tom because I was bored silly and felt terri-

bly unappreciated. I thought I'd just put the marriage on hold for a while.

But even now, I don't understand myself or Tom, and I still need time to sort things out.

"We met when I was only seventeen and working as a waitress in his mother's restaurant. I had never dated anyone steadily before. But Tom was twenty-one, had recently graduated from college and seemed very mature. I was very attracted to him.

"Come to think of it, maybe it was really his mother who appealed to me! She's a funny, loving woman who wants to adopt every lonely kid in the neighborhood. Getting a job with her was the first really good thing that happened to me. And then her son walked in, tall and handsome, and showed an interest in me. I thought I was in love with him.

"But who knows? Maybe I was just anxious to get away from home. Dad is the captain of a freighter that sails to the Orient. He was home on furlough maybe two months a year. For a while, he'd bring a little happiness to our dismal house, but soon enough he'd get bored and go off with his sea buddies to their favorite tavern.

"Occasionally, when he found me amusing, he might spend a little more time with me. I learned when I was small that I had the gift of making people laugh.

"We certainly could have used some laughs around our house. Mother is a very depressing person. She complains all the time about her health, how she never gets out of the house and about all the trouble my two sisters

and I cause her. And she has so many horror stories to tell about childbirth, you wonder why she had three kids.

"Also, though Mother (continued)

Carly was the free spirit, Tom the conservative. Could two very different people learn to share their lives?

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CAN THIS MARRIAGE BE SAVED?

(continued) was miserable in her own marriage, she kept pounding into our heads that a woman without a man is a nothing and a nobody. We all got the message early that marriage can be a real drag, but staying single was a disgrace. No wonder all three of us married while we were still in our teens. My oldest sister has already been divorced twice, and the marriage of my younger one is also very shaky.

"Anyway, when I met Tom, I thought I'd struck gold. He had an excellent job as a computer programmer, and though he seemed serious and conservative, he also seemed reliable and gentle.

"Tom told me I was lovely, warm and pretty. No one ever said things like that before. And though we had been dating less than a year, he really wanted to get married. I was scared—I was barely out of high school, for goodness' sake—and I didn't feel ready for marriage. But Tom insisted, and finally I told him yes.

"At first, I was on cloud nine. I was convinced this was the beginning of living happily ever after, and I settled down to be the perfect wife. I bought gourmet magazines and became a terrific cook. I kept that apartment shining.

"But did Tom appreciate it? Not a bit. When I tried to tell Tom how I felt, he didn't want to hear it. He'd get annoyed and tell me I was being silly and childish, and I should stop complaining. Clearly, he only wanted to hear good news.

"As the months went by, it became clear that Tom and I had very little to talk about. He worked hard, and when he came home, he either read the latest computer magazines or watched TV. We rarely went out. We never saw friends. And our sex life was pretty terrible.

"You see, Tom and I used to fight all the time about sex because he wouldn't let me use birth control. He wanted a family right away, and I didn't. My friends said I should just take the Pill and not tell Tom, but I didn't think that was right.

"Just when I felt I'd hit bottom,

one of my friends suggested we go into the party-giving business together. I thought Tom would object, but he didn't: 'Anything that will make you happy, dear,' he said, not even looking up from his work.

"Well, our business was an immediate success. I had a knack for helping people enjoy themselves, and pretty soon we were making tons of money.

"But I was very, very busy. Many nights, I didn't get home until after Tom was asleep.

"Then, about six months ago, at an office party we had organized, I met Craig. He was a vice-president in his company, suave and debonair, with a terrific sense of humor. He was so unlike my stick-in-the-mud husband. I fell for him instantly, and before I knew what I was doing, I was in the middle of a tempestuous affair. In fact, something in me just snapped, and I decided to move out. I really thought Craig loved me and that we'd get married as soon as I was divorced.

"What a jerk I was. Why didn't I see past Craig's façade? He was a real playboy, which everyone in the world but me knew, and he dropped me as soon as someone more interesting came along.

"Still, as unhappy as I was, I knew I couldn't go back to Tom. Not yet. So for the last few months, I've been trying to sort things out. In fact, I've begun to realize just how lucky I was to find Tom. He's so stable, and he does love me. But is that enough? I don't want to lose Tom, yet I can't bear the thought that I will have the same unrewarding marriage my mother and sister have. And I'm not ready for children."

Tom's turn

"Look, I love Carly very much, and I want her back," said Tom, twenty-four, a tall, handsome man who carried a briefcase and dressed in a three-piece gray suit and striped tie. "But I also want a normal marriage with a wife who spends at least some of her time at home.

"And I want children. Is this asking too much? I'm well established in my career, and I think I'd make a good father. It's time to settle down.

"But Carly is still such a bubble-brain. I'll admit this party business of hers is a huge success. Everyone around here knows me as Carly's husband, which is fine. I just never know who I'll see when I walk in the door—a clown coming home from a kid's party or a sophisticated woman in a slinky evening gown off to host some office shindig somewhere. Can't Carly ever be Carly?"

"As she told you, we met at my mother's restaurant. Now, Mom takes in strays by the dozen—usually teenagers who are having trouble at home. She genuinely loves people and is frequently able to help these youngsters. But I often felt very left out of all of it. Mom's attitude was 'You're okay, Tom; you're a good boy, you're not messed up, so you don't need my attention now.'

"With all those strangers trooping through, our house was always messy, crowded and loud. Dad, who worked as an accountant in a large corporation, would walk in the door, take one look around, then march to his friend's house down the street for a quiet evening of chess. Actually, I didn't have much of a relationship with either of my folks.

"Anyway, I was surprised when I first saw Carly; she was so unlike Mom's other misfits. She was beautiful to look at, and she seemed so happy.

"We dated for a while, and I knew immediately I wanted to get married. Yes, I pushed her, but I thought it would be good for her, too.

"We went on a very romantic honeymoon trip to the Poconos, and when we came back Carly seemed happy just being my wife. She has an incredible sense of color and design, and she turned our apartment into a beautiful home. Not to mention her cooking.

"The only real problem we had was over sex. If I objected to her using birth control, she instantly turned to ice. It was obvious that the idea of children scared her, though every time I saw her with kids—like at her children's parties—she was great.

"Look, I'm not stupid. I started to sense that something was wrong. So when she suggested starting her business I figured it might help make her happy.

"I had no idea the (continued)



"I want a normal wife—one who spends some of her time at home," said Tom.

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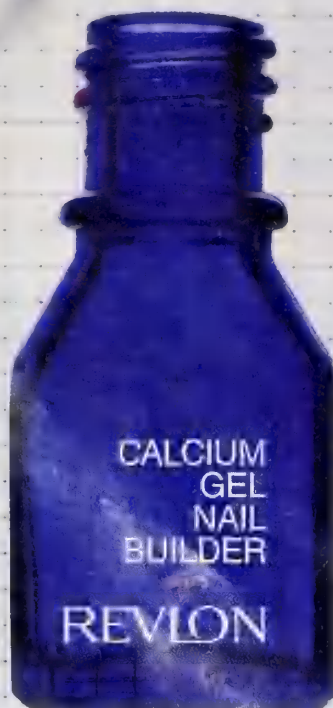
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■ CAN THIS MARRIAGE

continued

business would take over our lives. Then she had this affair and decided to move out. Of course I was upset. But to be honest, I never, ever thought it was serious. I figured I'd give her time. But six months is long enough. I want to know if we're going to make it or if I have to get over Carly once and for all."

The counselor's turn

"When I first met them, Carly and Tom seemed a highly unlikely couple: she in her clown costume, he with his three-piece suit. However, after one session, it was clear they loved each other and did want to work to save their relationship.

"Both had been brought up by parents whose main interests lay elsewhere. Carly's mother was so wrapped up in her own complaints she had no time for her children's needs. Even worse, she traumatized her daughters with her distorted views of marriage.

"Furthermore, Carly's father made scant effort to spend time with his children. Carly learned early on that she could attract his attention, though, by making him laugh. And this pattern of hiding her feelings behind a joke became her way of relating to others.

"Underneath the jokes, however, Carly was very depressed—though she could never admit this to herself or anyone else; she was too afraid they would no longer like her.

"When Tom showed an interest in her, Carly could hardly believe her good fortune. However, Tom had also suffered from parental neglect. As a result, he became a self-involved, almost smug young man who found it hard to praise others.

"Given his background, it's not surprising that Tom would long for a normal, orderly family life. At first, Tom thought Carly was just what he was looking for, and he pressured her to marry before she was really ready.

"However, after they were married, Tom never did anything to make Carly feel appreciated, even though he sensed her unhappiness. Even worse, when Carly tried to talk about her feelings, he called her childish.

"When her friend asked her to start the business, Carly thought she'd found a solution to her problems. At last, she could shake off the mantle of drab housewife, meet lots of people and infuse her life with excitement.

"Unfortunately, the business kept her out of the house many nights, and that, coupled with Tom's insistence on having children, probably pushed her into Craig's arms.

"Tom was right about one thing: Carly's affair was really a desperate attempt to escape what she felt was a boring life and gain her husband's attention. When Tom insisted she make a decision, Carly was forced to seek professional help.

"As we talked, Carly was able to admit for the first time that her fear of being like her mother made it impossible for her to recognize her own unhappiness, much less discuss it with her husband. Yet each week, as she came to understand the impact her mother had had on her life, she grew stronger and more confident.

"As Tom listened, he was moved by Carly's confession of her deepest fears about marriage and motherhood. During the course of the next few sessions, he came to see how harshly he had been treating her; that she was not childish at all but very troubled and that her most important—that there were many things he could do to help.

"I was delighted to see how quickly Tom's attitude toward his wife had changed. As he had said in our first session, he truly loved her, and during the next weeks, he worked hard to show her. When Carly planned a twenty-fifth birthday bash for him, he was thrilled and took her out to dinner the next night to thank her, and he had consistently been more loving and affectionate toward her.

"After three months, Carly moved back home. Though she continued to work, she hired an assistant to take over many of her evening parties. Concentrating on kids' parties, I have my nights free to be with Tom," she explained.

"Tom kept bringing up the subject of children, but I finally convinced him to postpone any such discussion until they had gotten their marriage, and their sex life, back on track. Toward this end, I recommended they both consult Carly's gynecologist to find a birth control method that would be acceptable to both of them. For the next few months, Carly has been using a diaphragm. Since she is no longer fearful of getting pregnant, the couple's sex life has become exciting for both.

"In fact, as they spend more time together, Carly has found much more right in her own home. They've started to plan special evenings together, as well as weekends away. This is a couple who are finally learning to share the joys of daily life.

"Mom hated everything about life," Carly said during one of our last sessions. "But I know I'm not her. I'm finally beginning to feel like a person in my own right. And you know—I also think there is absolutely no reason I would love being a mother, too."

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The hardest choice of all

By Elizabeth Rasic

On Saturday, May 3, 1986, I was on my way home from the jogging track when my daughter Susan drove up beside me. "Mom, George has been in a car accident; he's in the hospital!" she cried. I stood there in shock, staring at her. George was only sixteen, the youngest of my five children. This can't be happening, I thought.

Almost as soon as we got home, Hollywood Presbyterian Medical Center called. "How bad is my son?" I asked the emergency room nurse. But she wouldn't tell me. All she would say is that I should come to the hospital right away.

I hung up the phone, numb with fear. I'm a registered nurse and an associate director of nursing at another local hospital, so I knew how bad George's condition might be. Don't react, I told myself. Just get to

the hospital as soon as possible.

When I walked into the emergency room and identified myself, my worst fears were confirmed. The nurses suddenly became quiet and very serious. Immediately, they notified the trauma specialist that I had arrived.

A few minutes later, the doctor came out to talk to me, but I could hardly take in what he was saying. All I understood was that George had suffered a great deal of brain injury. He was undergoing a CAT scan to determine the extent of the damage.

With my three daughters, Susan, Eva and Marie, I sat in the emergency room waiting to hear the results of the CAT scan. How could this have happened? I wondered over and over. It was totally incomprehensible to me that George, my handsome, intelligent, popular son, who loved to play base-

ball and joke with his friends, was lying in a hospital bed fighting for his life.

The details of the accident didn't make sense to me either. I learned that George and a cousin had been driving down an off ramp on a freeway in Los Angeles, when George, who was at the wheel, didn't make it around the turn. Because he wasn't wearing his seatbelt, George was thrown from the car and suffered immediate trauma to his brain stem. His cousin had minor injuries.

Although my son had been driving for only seven months, he was an extremely careful driver. Not only that, he always wore his seatbelt and insisted that his passengers did, too. I just didn't understand why he hadn't put it on this one time. I never found out.

When the neurosurgeon came out to speak to me, he showed me the results of George's CAT scan, pointing out the severe injuries to the brain. I knew the situation was very bad and that George stood little chance of surviving. But I just stood there, barely *(continued)*

My son was critically injured; he would never recover. I was now faced with the terrible decision no parent ever wants to make



The author with a high school photograph of her son George, taken two years ago, when he was sixteen years old

ce to know *you* didn't take a bath to buy it.



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(continued) responding to what the doctor was telling me. I felt as if this really weren't happening, as if this weren't my son we were talking about. I know now that distancing myself from the situation was the only way I could cope.

When I was allowed into the intensive care unit to see George, I was amazed at how healthy he looked. Although he was unconscious and connected to a respirator, it seemed as though he were only sleeping. A small mark on his cheek was his only external injury.

By this time most of the members of the family—including my other son, Nick, and George's father, my ex-husband—had been notified about the accident and were arriving at the hospital. We gave one another support and waited for news about George.

During this whole time, I stayed in a state of denial. I knew that there wasn't much hope for my son, but I refused to think about it. It was as if I were controlling reality to protect myself from it. Sometimes the truth about George's condition would hit me and I'd start to cry, but that thought was so painful I'd force myself back into the emotional fog.

Finally, on Monday, the doctor told me that from all clinical indications, George was brain-dead. Without life-support measures, he would stop breathing. But before brain death was officially established, another doctor would make an evaluation of my son's condition.

Numb, I sat by George's side. "Are you sure about his condition?" I'd ask the doctors and nurses again and again. I kept praying that somehow they'd made a mistake.

But gradually, the truth began to sink in. George was not going to get better, I realized. I began praying for guidance about what I should do next.

As a nurse, I knew more than anyone the desperate need for organ donations. But my first thought of giving away my child's organs was so horrifying and so painful that it made me physically ill. I didn't know if it was something I could bring myself to do.

For hours I agonized over the issue. Finally, I realized that I had to

do what my son would have wanted. George had always been giving; he loved people and he loved life. I thought that if he could, he would choose to give something of himself in order to help someone else. What better gift than the gift of life?

I needed reassurance that I was making the right decision, so I spoke to George's father and the rest of the family. I got their approval and support, but I had this desperate need to talk to more people who knew and understood me. So I called friends who were doctors and priests to ask their opinions and advice. Talking to them helped assure me that my understanding of George's condition was correct—my son couldn't live. I knew

donating his organs was the right decision.

Then I went into George's room and sat next to his bed. I needed to explain to him what I was going to do and why, hoping that in some way he was capable of under-

standing. Although I knew it was impossible for him to respond, by the time I had finished speaking, I had a strong sense that George had given me his permission.

At that point I asked the nurses to call the Regional Organ Procurement Agency, which coordinated organ donations. A representative from the agency brought me the consent forms. I held the forms for a long time, staring at the words. Finally, I began to complete them, checking off the organs to be donated.

But when I told the agency that they could take my son's heart, I began to feel sick. All the emotions I'd been holding back came to the surface in one giant wave. This, more than anything, made me confront the fact that my son's life was truly over. It was the most painful realization of my life.

On Tuesday morning our family held a prayer group asking for support—and even for a miracle—while the neurosurgeon did a final evaluation of George. When he came out of the ICU, he affirmed the previous diagnosis. "George is brain-dead," he told us. "Only the machines are keeping him alive."

"George is brain-dead," the doctor said. "Only the machines are keeping him alive."

The goal of the medical team then became keeping George's blood pressure and oxygen level high enough to preserve his organs until they could be removed. Tissue cross-matching tests were done to determine which transplant patient would be the best recipient for George's heart.

That afternoon we learned that the closest match was a forty-six-year-old man in Phoenix. Surgical teams were quickly dispatched to prepare for the removal and transportation of George's heart.

The family gathered to say their final good-byes to George. I stayed by his bedside until he was taken to the operating room, praying that his heart had not been bruised during the car accident.

When George went into surgery, I sat in the waiting room until the transplant team came out to thank me and to tell me that his heart was in good condition. Then, as I left the hospital, I saw the transplant team's helicopter taking off from the hospital en route to Phoenix.

A week later I received a note from the man who had received George's heart. It read in part: To the parent of the heart donor: I will be grateful forever for the extension of my life. I am forty-six years old and I have a wife and three children who are nineteen, eighteen and twelve. I hope this is some consolation. It was signed, the heart recipient.

I've kept the note plus the many loving letters and poems George's classmates wrote for him and about him. His high school class gave me a school yearbook, which was full of notes to George, written after his death. I also received notification from the organ procurement agency that George's kidneys had been transplanted—one to a thirty-one-year-old woman, the other to a forty-five-year-old man. And cells from his pancreas were harvested for future transplant.

People have asked me if making such valuable donations has helped me cope with my grief and loss. I have to answer honestly that no, it hasn't taken away any of the pain of losing my son. But it does help me to know that because of George, three other people have a new chance for life.

Please turn to page 25 to find out more about organ donations.

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m page 22

The facts about organ donation

What you and your family
must know to make an
informed decision

Deciding whether to donate a family member's organs is an extremely emotional issue that raises many fears and questions. To make the situation even more painful, the vast majority of all organ donors are involved in a tragic accident or a sudden death and are in the prime of life.

The biggest fear that most families have is that the donor's organs will be removed prematurely, before the possibility of recovery is completely ruled out, says Barbara Schulman, R.N., transplant coordinator for the Region-

Organ Procurement Agency of Southern California, in Los Angeles, which is part of a network of federally funded agencies responsible for the complete coordination of organ dona-

tions. She explains that by law, organs cannot be removed until a person is declared brain-dead. Furthermore, in California, for example, the determination of brain death must be made by two physicians who are not involved in the transplant surgery. (The number of physicians required to determine brain death differs from state to state.)

Brain death is usually determined by clinical observation of the patient over several hours and sometimes days, says Schulman. "If a patient has no cough, gag or pain reflexes, if he doesn't trigger the respirator and has flat electroencephalograms (EEGs)—tests that record brain wave activity; they are not always required—physicians will usually conclude brain death."

Even after a patient has been declared brain-dead, many families have trouble accepting the determination. The patient often looks just as he did before because most of his injuries are internal, says Schulman. "Sometimes it helps if families can actually see the damage by looking at an angiogram that shows a blood clot or illustrates that there is no blood circulation in the brain," she suggests. "This can help them better understand brain death."

Many families also worry that donating organs is not permitted by their

religion. Although it's best to check with a member of your clergy, most religions, including the Catholic, Protestant, Jewish, Islamic and Hindu faiths, permit organ donations.

It may be of some comfort to the donor's family that the success rate of organ transplants is now higher than ever. For example, during the first year heart transplants have an 80 percent success rate, and kidney transplants are successful 80 to 90 percent of the time. The donor's family is not responsible for any medical or hospital costs related to the transplant once the donor is pronounced brain dead.

If you'd like to become an organ donor, completing a donor card provided by state driver licensing departments is the first step, although it doesn't ensure that donation will take place. According to Schulman, donor cards help convince the family of the patient's wishes, but the person ultimately responsible for making the decision is the next of kin.

Of course none of us knows when we might be faced with making this kind of choice, but it is helpful to have all the facts about organ donation. For a free brochure called "Questions and Answers," write to the Division of Organ Transplantation, Parklawn Building, Room 931, 5600 Fishers Lane, Rockville, MD 20857. —BARBARA BRONSON GRAY

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Appealing
ideas for
all-season
chic



■ The new
wide legs: in black
by Norma Kamali;
pleated plaid
by Anne Klein II

Trouser tips: how to get a flawless fit

Slick picks for pants this fall? Full-cut trousers chock-full of classy, Hepburnesque charm—a welcome switch from seasons of body-hugging leggings! We asked a panel of designers at Basco, Ralph Lauren, Williwear and Perry Ellis for advice. They agree that wide-leg trousers not only offer a chic alternative to skirts but give you a host of slimming strategies as well! Below, a few top-notch buying tips:

FABRIC Count on a material that doesn't cling, that drapes softly but still has enough body to keep pleats and cuffs crisp. Go for wool gabardines and jerseys, flannels and rayon blends. Wool crepe is your best bet for dressy occasions.

COLOR Solid neutrals pare off pounds, give the most classic look. Black, navy and charcoal are favorites for office-going sophistication; red, camel and winter white are a bit more bold.



PATTERN Traditional menswear is the trend, with an emphasis on pinstripes, mini-checks and plaids. For the most figure flattery, opt for a subtle pattern—a small houndstooth, for instance, vs. loud, oversize checks or plaids.

CUT Look for menswear tailoring with a fly front and fullness in tummy, hip and thigh areas, angled slash pockets to avoid hip bulges. Remember: High waists are hot this fall. What you don't want: elastic waistbands, allover gathers, patch pockets, gimmicky zippers, piping, exaggerated flare at cuffs.

LENGTH Look for pants that plummet to the ankle or slightly below (anything longer tends to look sloppy and bulky). Cuffs visually shorten the leg, but if you have lengthy gams, they're an important fashion detail for pleated, tailored pants.

bottom beautifier

A rubber-band-boosted bun burner from Julie Cirillo, aerobics director at the Vertical Club, New York City. Use two workout rubber bands, five eighths to one inch wide (available in sports stores). Link them together with a slip-knot. Place an ankle into each loop. Hold the back of a chair for support.

With knees slightly bent and stomach tight, lift right leg back sixteen times. Repeat on left leg





Spruce up!

SIX CHANGES TO GIVE YOUR LOOK THE EXTRA CHARGE IT NEEDS THIS FALL

- boost** your everyday makeup by adding one new punch of color. For example, substitute a hot orange lipstick for ordinary pink or peach, or striking sapphire mascara for basic black or brown.
- build** a mini-wardrobe of fast look-changers to save you from the beauty blahs: hair bows to sleeken tresses, small scarves to dress up ponytails; large pearl earrings and big hoops for a trendy look.
- learn** makeup tricks at the store counter. Don't just get a makeover—ask for specific tips, such as how to make eyes look larger.
- add bangs!** Side-sweep them for a sexy look, or if you have longer bangs, create an S-wave with setting lotion and clips.
- enhance** your natural hair color. Have mousy brown tresses? Try lowlights—strands of hair tinted darker to add

gloss and extra depth. Dirty-blond dos can go golden with sun-kissed highlights (highlights that halo the face will get skin glowing); redheads gain luster with shades of coppery semipermanent color.

save time with a perm. Three favorites: A directional perm helps hair move where you want it. An underperm makes limp hair fuller. A weave perm (only certain sections of hair are permed) creates tousled waves.

FAST NAIL FIXES

FAIL-PROOF SOLUTIONS FOR YOUR BIGGEST NAIL PROBLEMS

RIDGES Caused by dryness, heredity, illness, injury, age

CURE Buff nails gently in one direction with a chamois-covered pad every three days. Use a ridge-filler product—we like L'Oréal Ridge-Filling Base-coat—followed by a coat of polish. Moisturize nails frequently.

YELLOWING Results from infection and the dyes in colored polishes.

CURE Soak nails in lemon juice for about ten minutes. Dry off and buff lightly. Apply a base coat and wear sheer or nude polish instead of a bright.

SPLITTING, CHIPPING From improper filing, using nails as "tools"

CURE Use a file only to shape nails; shorten them with a clipper. File in one direction; never saw. Use a nail patch kit like Avon Ultra Touch Easy Mending Nail Tapes. Boost nails with strengtheners like Strong Nail with Knox Gelatine by Cutex or Calcium Gel Nail Builder by Revlon.

SOFTNESS Results from heredity and an unhealthy diet

CURE Apply a fortifying base like Strengthening Nail Glaze by Clarion. Follow with two coats of polish and a top coat. Seal nail by applying top coat across tip.



Polish minimizes breakage, but nails will stay healthiest if you give them a day-long rest from polish once a week



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do you make a great first impression?

What's more embarrassing than meeting a business associate (or running into a friend you haven't seen in years) when your slip has slid into full view or your blouse is too see-through? To be sure you're dressed to impress, ask yourself these questions each morning before you dash out the door.

- ✓ Is every button buttoned? Are they all sewed on securely? Any loose threads?
- ✓ Is my blouse ironed and neatly tucked, my skirt or trousers completely zipped?
- ✓ Has carpet lint stuck to my heels?
- ✓ Has my slip dipped past my dress?
- ✓ Does my top reveal any lacy details of my bra or camisole?
- ✓ Is my dark suit dotted with dandruff or lint?
- ✓ Are my earrings, watch and rings secure?
- ✓ Did I put both earrings on?
- ✓ Are my eyeglasses smudge-free?
- ✓ Do my hose have runs, snags or ankle bags?

NEW PRODUCTS

Revlon has just introduced the ultimate in compacts—MicroChip Eyeshadows and Blush. They're superslim, to fit into the smallest purse. Look for eyeshadow duos or trios, and eight great shades of blush. ■ Searching for a new scent? Try lex'cla-ma'tion by Coty, a refreshing fruit and floral blend. ■ If you've ever thought about coloring your hair but were afraid to try, Clairol's Instant Beauty Temporary Color Rinse is for you. Sample any of ten shades; the color rinses out in one shampoo (they're hypoallergenic and fragrance-free, too!).

LUXE LEATHER SOFTEST SUEDE

a guide to quality

WITH FASHION FOCUSED ON TEXTURE THIS FALL, IT'S A PERFECT TIME TO ADD A SUEDE BLOUSE OR A SLIM LEATHER SKIRT TO YOUR WARDROBE. TO GET THE MOST FOR YOUR MONEY, TAKE THIS ADVICE FROM THE EXPERTS AT VAKKO AND MAXIMA:

■ **LET YOUR FINGERS DO THE TALKING** The best way to determine whether leather is top quality is the way it feels. As a rule, the softer the leather or suede, the better. Poor-quality leather is stiff and waxy and gives off a slight odor from the coloring and protecting processes. The best-tanned leathers are from Spain, Italy and France—the tanning process in these countries gives the leather a buttery feeling. Top-notch suede is from New Zealand. To determine whether a suede item is a good buy, hold it up to the light. If you notice any discolored patches, toss it back on the rack.

■ **COLOR IS THE KEY** High-quality leather is colored through a process called drum dyeing. How to tell? Scratch an inside corner of a garment. If the natural leather color does not show through, the item was drum-dyed. Less expensive leather is spray-dyed only on the outside; the non-dyed side is covered with lining.

■ **CHECK CONSTRUCTION** Good leather and suede garments are lined in satin. Look for smooth stitching, and be sure the lining doesn't pull or gap. Lining is often glued—this is fine as long as the glue doesn't cause bumps. Count on double-stitched seams (since leather stretches) and tacking (reinforced stitching) at pocket corners.

■ **FINISHING FACTS** The finish should look natural, not shiny. Have leather and suede professionally treated with a protective coating if they haven't been already.

■ **THE PRICE YOU PAY** Although good leather and suede items can be expensive, they can also be the most economical garments you own, since they last and last. Discount stores often carry quality leather and suede at lower prices post-season, and a thrift store can be a terrific place to unearth an old bomber jacket. Expect to pay \$85 to \$250 for a skirt, \$150 to \$250 for pants and \$150 to \$500 for a jacket/blazer.

Top: green leather suit, Robert Elliot. Right: red suede shirt, Robert Elliot; brown suede skirt, Bern Conrad



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after
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NEW ADVANCED FORMULA

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With a painful divorce behind her and a TV show on the wane, the queen of nighttime soaps is setting new goals

Joan Collins

J looks beyond "Dynasty"

Joan Collins sways her hips toward a sunny corner table in the Ritz Hotel, London's very upper-class spot to lunch. She wears a nipped-at-the-waist Armani jacket in Prince-of-Wales gray, a black velvet hair bow in place of a hat, and big wraparound movie-star sunglasses. It's a power look that seems defiantly jaunty in this setting, where nearby diners stare as she greets me with air kisses. Judging by the merry fuss we make, they would never stop to wonder what the future holds for this woman—television's current glamour goddess. But indeed, her career has come to a crossroads.

Joan's vehicle to the top, *Dynasty*, may fall to earth next year. Though her looks are still stunning, there are few films today that are tailored for a star of her type. And just when she begins to need it most, Joan can no longer count on the help of her former manager/husband since their recent sensational divorce. At the zenith (continued)

By Cliff Jahr

she's got Theater L'eggs.

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Height	Weight		
	Size A	Size B	Size Q
4'10"	110-130	—	—
4'11"	105-135	—	—
5'0"	100-140	—	141-180
5'1"	95-145	—	146-185
5'2"	90-130	131-150	151-190
5'3"	90-125	126-155	156-195
5'4"	95-120	121-160	161-195
5'5"	100-115	116-165	166-195
5'6"	—	105-165	166-190
5'7"	—	105-165	166-185
5'8"	—	110-160	161-180
5'9"	—	115-150	151-175
5'10"	—	120-145	146-170
5'11"	—	125-140	141-170
6'0"	—	—	141-160

EVENING WEAR FOR YOUR LEGS

TM

ENTER (continued) of her fame, wealth and beauty—after four husbands, three children, fifty-eight movies and a major comeback—Joan is left to ponder what might be next.

"Yup," she says, "*Dynasty* certainly peaked, and so did I, I suppose. But I don't mind. I have other things going on in my life."

She gives a happy sigh. "The series has been very good to me, but I've reached a new stage in life where I want to do what I want to do. Not what [producer] Aaron Spelling wants me to do. And not necessarily what is best for my career."

Joan has lots of options, including TV movies, a possible new series of her own and a London stage play, "probably Noel Coward." She has written her first novel (her third book) and is launching several new Joan Collins products, including clothing and perfume.

Meanwhile, this afternoon finds her in the middle of her regular five-month vacation from *Dynasty*, during which she is having a ball in London, cheating on her health routine and dating young men with a vengeance. A week of celebration that kicked off with her fifty-fifth birthday has just climaxed in a glamorous weekend party in Morocco attended by no less than three of her current escorts—actor George Hamilton, businessman Malcolm Fraser and real estate tycoon Bill Wiggins.

But if these are the best and worst of times for Joan, her heart-shaped face seems to glow with contentment.

"This vacation has been absolute bliss," she says, "but not much rest. I have a very active social life here, and I'm busy buying eighteenth-century French furniture for my new rented flat in Belgravia. I'm perfectly happy with this time of my life, just sort of getting through the last days of *Dynasty*."

Joan's seven-year contract with the series had expired when she recently re-signed to play the wicked Alexis Carrington Colby to the tune of \$95,000 per episode. Last season, *Dynasty* lost more than two million viewers and sank to forty-fourth place in the ratings. Some media watchers predict cancellation.

Joan hardly cares. "It's called out-of-sight, out-of-mind," she says breezily. "There's a new man at the helm of *Dynasty* who has fired four actors, the line producers and all the writers. Let's face it, the dialogue since 1985 has been less than Shakespearean."

Divorce Hollywood-style

TV's queen bee has had plenty of problems in the hive in recent years, and they have forced her to build a protective wall around herself. "I've learned not to trust people as much, not to be so gullible," she explains. "I wish I were more like my sister, Jackie. She is quite cynical and really a lot tougher than I am."

"I always think it strange when people imagine that I resemble the character of Alexis in real life—shrewd, untrusting, manipulative. I am totally the opposite, you see, because I don't look before I leap. I am very



Joan Collins remains as glamorous as ever, despite a dying series. Now she's written a new book and turns heads with handsome escorts like George Hamilton.

emotional and affectionate. And I've had to learn an awful lot about life due to a recent experience," she says, rolling her r's in seething reference to her circus-like divorce from Peter Holm.

The marriage fell apart in spectacular fashion after only thirteen months. Under California's divorce law, which provides for equal property division, Holm sued for half of Joan's \$5 million-plus earnings during their marriage, as well as spousal support of \$80,000 a month until a final settlement was reached. On the third day of the packed court proceedings, Joan's lawyer showed up with a mystery witness, a twenty-three-year-old "actress" who described her alleged love affair with Holm before and during his marriage to Joan.

The Italian-Iranian beauty testified that Holm had dubbed her "Passion Flower" and had pressed her into marrying a rich octogenarian. She added that Holm had described his marriage to Joan as a way of getting ahead financially, and he had asked her to bear his child. With that, Passion Flower wilted, burst into tears and fainted in the witness

box. She was carried off on a stretcher.

"I hated the divorce," Joan gasps. "It became a bit of a joke, and I was very upset. Peter knew how painful it would be, but he insisted on putting me through it because he figured that I would withdraw from the fray and he would get his fifty percent. But I had to fight because I believe in sticking up for my rights."

In the end, she won. The court upheld a prenuptial agreement that she and Holm had signed, giving him no more than 20 percent of her income during the marriage (some \$1 million), and the court disallowed all of the requested alimony. She later paid \$180,000, which includes a fee for having managed her finances during the marriage, to buy out his equity in their house in the south of France.

Their arguments over possessions became so farcical that Holm once holed himself up in Joan's Hollywood mansion and allegedly threatened to shoot anyone who attempted to evict him. After he was kicked out, he picketed the mansion, carrying a sign that declared, "I am now homeless. Help!"

Joan's face has clouded over. "When you've worked all your life as hard as I have," she says, "then to have to give away the fruits of possibly two years of labor to an ex-husband, well, that's not my idea of heaven. But Peter got nothing from me. The million dollars I paid him he earned as my business manager. I was not about to pay any more alimony to men."

The men in her past

It has been Joan's bad luck that she was obliged to make money settlements with two husbands before Holm. She talks of these marriages in her autobiography, *Past Imperfect*, published in 1978. Husband number one, British actor Maxwell Reed, who Joan says

(continued)



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JOAN COLLINS

continued

drugged and raped her when she was seventeen years old and later tried to rent her for a night to an Arab sheik, was destitute when they split after five years in 1957. ("Though why a thirty-six-year-old man should be destitute, I don't know," she grumbles.)

Her second husband, singer/songwriter Anthony Newley, did pay alimony and support for their children, Tara and Sacha, but her third husband, record producer Ron Kass (the father of a third child, Katy), was in financial distress when he and Joan went their separate ways in 1984. Joan loyally helped Kass during a struggle with cancer until his death two years later.

"Four divorces," she says, "but not four mistakes. Only two were mis-

takes, really. Maxwell was a girlish mistake. I was a child. I don't consider Tony a mistake because I had two wonderful children by him. Nor Ron—at least for the first nine years—until he became involved in drugs and became another person. But Peter was a major, major mistake. It has made me very wary. You mustn't think I lump the whole male sex together with those men I've paid alimony to. I love men. I love women. I just happen to be a bit unlucky with men, and I have been told I am intimidating to them.

"But I assure you," she continues, watching a handsome waiter, "I'm not going to marry again unless the man's got a lot more money than I have."

Joan is a well-liked regular on the international party circuit and keeps a stable of handsome escorts, some as young as twenty-eight. "They haven't been hurt by divorce, the problems of

ex-wives, and alimony and child custody. I've already got all that, and I'm bored with it."

Is she playing the field, then? "Oh, hate that expression!" she says with laugh. "Let's just say I'm enjoying various male friends. These days I look for sense of humor and niceness. Having been hoodwinked by one creature, I've decided that integrity is very important."

A budding literary career

This month Joan's also looking for nice reviews. She debuts as a novelist with the publication of *Prime Time*, a blistering look at journalism, fans and, especially, network television. Borrowing from her now famous experience in winning the role of Alexis (beating out competition that included Sophia Loren), Joan tells of four fictional actresses who plot against one another like terrorists to win a similar role. And in her sister's steamy best-seller, Joan's book contains vivid sex scenes and strong language. "That's what people do," she explains. "That's how they talk. Norman Mailer writes that way, Harold Robbins—my sister even more so. I was trying to show the dark underside of TV."

Joan's book may have readers guessing which characters are based on actual celebrities—especially those of the four actresses. Is one of them patterned after the real Joan Collins?

"Probably all four are a bit like me," she says. "But truly they are fictitious born in my head. My sister gets asked that question because she openly says her characters are based on real people she knows."

Critics may say that Joan has written a parody of her younger sister's sexy style, but she testily denies any influence by Jackie or the assistance of a ghostwriter. "I haven't read anything of Jackie's for a couple of years," she insists, "and we certainly never ever talked about my book. And if anyone even hints I used a ghostwriter, I sue. I sued a London rag recently who they claimed I had a boob job, and they settled out-of-court for more than twenty thousand pounds. Jackie inherited writing talent from our parents and so did I."

Jackie's view of their sibling rivalry is somewhat different. "Everyone wants to write a book once in their life... I just don't see Joan becoming a novelist."

Prime Time is the first installment in a three-book publishing deal that fetched Joan a reported \$1 million advance in America. Is she concerned about the critics? "It won't please literary lions," she admits. "I'm absolutely not going to read" (continued)

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MIRACLE
SKIN CARE CLAIMS
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■ JOAN COLLINS

continued

reviews unless they're good. Because of my high profile, know that critics, no matter how unbiased they try to be, will not judge the book on its merits but on their opinion of Joan Collins."

Joan is something of a hometown heroine in Britain, chin-up survivor who is catnip to the tabloids and "Joanie" to shopkeepers. Her popularity travels well between continents, across age groups and among women as well as men.

Part of Joan's appeal may come from her background struggle. She retired a few times from a second-rate movie career to return to homemaking, odd jobs and even professional interior decorating. "I have an artistic flair for it," she says. In the seventies, strapped for cash and restless for a comeback, she appeared in *The Stud*, Ron Kass's steamy film of Jackie's novel. It made millions and jump-started her career again.

But in 1980, Joan's daughter Katy suffered severe brain damage in a car accident. She kept a forty-seven-day vigil by the child's bedside, living in a trailer behind the hospital. Katy recovered, and the experience inspired Joan's second book, *Katy, a Fight for Life*, published in 1981. Then *Dynasty* began the same year when the producers were looking to boost ratings and signed Joan for the newly created role of Alexis.

Joan still looks no more than forty, but she has no formula for her youthful appearance. "It's good genes, good luck, good bone structure and the way I was brought up. Even if I were not in the public eye, I wouldn't dream of going anywhere without being properly dressed and made up."

Her hand reaches for a cigarette, what she calls her real vice. "I have to say, I don't have any less energy since forty, and I live the same lifestyle I did at twenty-eight. I fly twice a month from L.A. to London without jet lag. I can drink. I can party. I consider myself an advanced woman for the benefits of getting older—if not with grace at least with enthusiasm!"

"It sounds strange to say, but as far as looking young is concerned, I believe you are what you think," she goes on. "My father was eighty-five when he died recently. He was a difficult man, a rascal, but he did what he wanted, and until he fell ill, at eighty-three, he looked wonderful, because he was happy."

"Well, I'm happy with my life," she says with emphasis. "I like what I do. I like my children—they have turned out really well—not that there aren't minor problems some times. Sacha is living with me at the moment and so is Katy, of course, who's fifteen and has plans for college. But then I don't talk publicly about my children anymore. I need to keep back and keep myself more to myself, keep my life private. Privacy has become even more difficult since my last husband. For example, we agreed to get married in tremendous secrecy to avoid a fiasco. Well, Peter went out and sold our wedding pictures to one of the tabloids."

With a husband/manager out of her life, Joan controls the important decisions these days. She has a large staff but the hard choices are hers. "It's time-consuming, but any mistakes are my own. I like being in charge again. I can do exactly what I like, and I'm not going to get sidetracked again."

Lunch is over, the Ritz is empty, and we exchange contented smiles. "This is the only life I'm going to have," she sums up, stuffing things in a purse. "I try to keep in mind those great words: 'Life is a banquet and most poor suckers are starving to death.' Well, I'll tell you—I'm just never going to starve."



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By Mary Mohler and Margery D. Rosen

A
GUIDE
TO
CHILD
REARING
IN THE
EIGHTIES

It's Halloween so have a party!

One mother's STORY

A home for Rudy

BY SUSAN KATZ

Could you give Rudy a home?" our gas-station attendant asked, holding up a brown-and-white spotted rabbit. "Sure!" my five-year-old, Demian, shouted, and I recognized the look on his face. Romeo had just met Juliet.

Until then, I'd listened to the sensible people who warned me how much trouble pets were. None of that for me. No noise, no dirt, no bother. My son had to settle for guppies. And when he complained that you can't hug a fish, I countered, "You're the only child in the neighborhood with twenty-six pets."

Of course, since we live on a country road, he was the only child in the neighborhood. Period. He did need a companion. That thought had nagged me for a while. And now, when he turned, eyes shining, and asked,

"We can keep Rudy, can't we?" how could I say no? Besides, if I had, we'd have had a re-enactment of the death scene from *Camille* right there beside the lead-free pump.

We loaded Rudy into the car on a blue leash. He was small, I told myself. He was housebroken, he didn't bark. How much trouble could he be?

I soon found out. Rudy took up residence in our kitchen. Every time I opened the refrigerator door, two things happened: The light went on, and a spotted furpiece tried to climb into the vegetable bin. (continued)

YOU DON'T NEED MUCH—A SCARY CAKE, SOME PARTY MIX, AND A CAULDRON OF PUNCH, OF COURSE. LET THE KIDS HELP. TRICK OR TREAT!

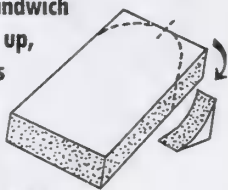
Ghost Cake

Bake a 13x9-inch devil's food cake. When the cake is cool, make the frosting, using 2 boxes fluffy white frosting mix.

Place the cake on a serving platter. Using a sharp knife, cut off two corners on one of the 9-inch sides to form a semicircle for the ghost's head. Stand the corners against the sides of the cake as shown and attach them with frosting—they're the ghost's arms.

Frost the cake completely, then decorate

the face as follows: Separate 2 chocolate sandwich cookies. Use 2 halves, filling side up, for eyes; press 2 licorice jelly beans into the filling as shown. Separate another sandwich cookie and use half, filling side up, for the mouth as shown. Makes 20 servings.



Witches' Brew

In a large pitcher combine two 12-oz. cans chilled orange soda and 2 cups chilled cranberry-apple drink. Serve over ice cubes. Makes 5 cups. And here's a little bit of magic that never fails to get the kids ooh-ing and ah-ing: Place a chunk of dry ice in a dish behind the "cauldron" and pour a little hot water over it—it will give off a spooky mist.

DO YOU KNOW AN ABUSED CHILD?

There is something you can do: Call the National Child Abuse Hotline (800-4-A-CHILD), twenty-four hours a day, seven days a week. Counselors will provide help and referrals to victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of hurting a child.

Monster Mash

In a large bowl combine 10 cups popped popcorn, a 16-oz. bag plain M&M's, a 14-oz. bag chocolate-covered peanuts, 1 cup candy corn and 1 cup peanut butter chips. Makes 15 cups party mix.



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of all, when he's rollicking along the
Santa Fe trail he goes clippity-
clop, clippity-clop!



(continued) He claimed the entire kitchen floor as his private warren and attacked anything that trespassed: the trash can, the laundry basket, the refrigerator repairman's toolbox. Just when I was

starting to mutter threats about fur-lined gloves, Rudy moved out to the living room, on to bigger things, like gnawing the plug off the TV cord. Enough, I said. I began to rehearse little speeches about why we couldn't keep Rudy. And I might have delivered one of them had I not stepped outside one day after a rain and found my son doing something strange and wonderful. He was solicitously moving earthworms from driveway to flower bed so they wouldn't dry out. Suddenly, I realized there had been changes in his behavior since Rudy had come to stay—tenderness toward a stray dog, a new willingness to work in the garden. Was this the child who used to trample flowers and tease the neighbor's cat?

But when he announced that he was donating his allowance to a wildlife fund to protect Rudy's cousins, I knew for sure what had happened. Without lifting a whisker, that obstreperous rabbit had taught my son what my most eloquent maternal lectures had failed to bring home: a reverence for life.

That was two years ago, and my son's concern for the environment has continued to grow. At the end of the day, when my son's asleep and the world is quiet and mine, when I slip downstairs to brew myself a cup of tea and Rudy tugs at my jeans to be picked up, I sometimes catch myself wondering if a kitchen without a rabbit isn't missing something vital.

understanding KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He hosts call-in programs for parents on ABC Talkradio. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

MY FIVE-YEAR-OLD CHILD IS PREOCCUPIED WITH MONSTERS AND EVEN HAS NIGHTMARES ABOUT THEM. YET SHE WANTS TO BE A REALLY SCARY, WICKED MONSTER FOR HALLOWEEN. DO YOU THINK THIS IS TOO FRIGHTENING FOR HER, OR SHALL I GO AHEAD?

It is not unusual for young children to develop irrational fears, which are referred to as common childhood phobias. Fears of the dark, monsters, lions under the bed, all fall into this category. They are usually short-lived, with occasional reappearances in times of stress.

There are several theories about the origin of phobias. One common belief is that a specific episode may have caused her fear. She may have seen something on television or in a book, or heard a frightening story about monsters. At her age fantasy and reality often merge.

Another view is that the phobia is a symbolic expression of some underlying emotion—usually anger—that is not understood by the child. Sometimes the anger is directed at the parents. Furthermore, anger and destructiveness often go hand in hand for a young child. To imagine doing something destructive to you can be too much for a child to bear. Remember, she loves you and depends on you and she would not want anything to actually happen to you. The fear is, in effect, an objectification of her own feelings.

Although it is difficult to predict your daughter's reaction to being allowed to participate in the Halloween activities, I would permit it, since she is making the request. I would of course never force a fearful child into a confrontation with the feared object or situation. And if she gets cold feet at the last minute, permit a dignified retreat. Do not humiliate or shame her about her fear.

Her involvement may even desensitize her. By dressing up and helping to apply makeup she may be able to remove some of the mystery from the monsters. Watching her own transformation in a mirror or seeing a friend or sibling go through a metamorphosis can have a comforting effect.

Conversations about anger and an opportunity to air her grievances may also be useful. Again, don't force a discussion—merely create an opportunity for it.

The inconsistency between your daughter's fearfulness and her desire to confront the monsters suggests that this is an active conflict and one that she is struggling to overcome. Your patience and support will help her do that.

STAY TUNED

Finally, a kids' TV show worth cheering about. Children's Television Workshop, the folks who bring you *Sesame Street*, has joined forces with HBO to present a new weekly show, a fast-paced multimedia half hour called *Encyclopedia*. Aimed at seven- to eleven-year-olds, each segment concentrates on one letter of the alphabet and pertinent subjects. (To wit: A is for Archaeology, amoeba and Attila the Hun.) What makes this show different: It's written and performed by people not usually associated with kids' shows. Debut date: Monday, September 19, at seven-thirty P.M. Eastern time. Check local listings for additional air dates.

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going home

You might have a wonderful job and have worked hard to get there. But every day as you walk out the door to head for the office, you bend to give the kids one more hug, and a voice inside you says: "Gee, I wish I didn't have to go." You are not alone. This is the story of women just like you who are finally coming face-to-face with the deep, dark secret of the eighties: Having it all is really not all that terrific

"I never used to think about leaving work before eight P.M., even after I got married. Then I had Katie. Now by the time I get back from lunch, I've had enough. I keep looking at the clock, wondering, Is it time to go home yet?"

—Jamie Raab, 35, book editor,
New York City

"I just don't want to devote the same energy to a job that I used to. I don't want my responsibilities to make it impossible to leave at a moment's notice, and I'd never take a job where I'd have to work overtime."

—Sally Winters*, 33, computer systems
operator, Colorado Springs, CO

"I really find that my job as a mother is so much more satisfying and (continued on page 51)

Some names have been changed

By Margaret Jaworski and Robin Sanders

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Ida Evans

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天竺

OF
JAPAN

Shown actual size
of 9 inches in height

ING HOME

Continued from page 46

ding than the job I had before."

—Gail Young, 35, former librarian,
White Plains, NY

e hearing right? Are these wom-
ually saying that being a mother
taying home and even making
t-butter-and-jelly sandwiches—
eir own mothers did—can be as
ding and exciting as the jobs
worked so hard to attain?

y are. But there's something spe-
out this new generation of stay-
ne moms: They're doing it be-
they want to.

fore I had children, I couldn't en-
compromising my professional
" says Joanne Kates,* thirty-sev-
mother of two and former mar-
g executive who lives in a suburb
w York City. "I didn't plan to
e my life in any way, and I ex-
d to schedule my children into my
ke I had scheduled meetings. I
dreamed that my kids would be
cal point of my life."

y years ago, women who stayed
with their kids felt guilty and
sive about their decision. "Back
not working was a source of em-
ssment," says Sumru Erkut,
a visiting scholar at the Center
research on Women at Wellesley
ge and a therapist in private
ce in Cambridge, Massachusetts.
emakers used to tell me they
know what to say when someone
, "What do you do?" "

ouraged by the women's move-
and the career-oriented mind-set of
eventies, many women believed
owed it to themselves to be more
ust a housewife and mother; they
ved a satisfying job as well. Many
to put career ahead of family.

now experts note a decided shift
titudes about work, motherhood
omen's roles. From 1972 to 1986,
ankelovich Monitor, an annual
of people's attitudes taken by the
rch firm of Yankelovich, Clancy
alman, asked women if they con-
d their employment to be a job or
eer. The number of women who
ered it a career increased every
until 1984, when the response was
right down the middle. Then, in
the numbers changed dramati-
only 34 percent of the women
ioned considered their work a ca-
—"a significant change," notes
lurman, senior vice-president.

arly, the workplace has lost some
allure. Though the majority of
n with children under six still
—and many of them *must* work—
t figures from the Bureau of La-
statistics, U.S. Department of Labor,

show that 53 percent of women with
children under three and 72 percent of
women with children six to seventeen
are in the labor force), "most women
with young children," notes Juanita
Williams, Ph.D., professor emeritus at
the University of South Florida, "are
spending more time at home as they
find that trying to be outstanding at two
different roles is too difficult."

A new consciousness?

Such attitudinal shifts represent a
change that may well affect the rest of
us in the years to come.

"The next decade will bring a trend
toward homecoming," predicts Faith
Popcorn, chairman of Brain Reserve, a
New York City consulting firm that
specializes in forecasting trends. "Wom-
en will leave work to go home, open
small businesses and have babies."

Though striking a satisfying balance
between work and home, career and
motherhood, remains a struggle for
most women, increasing numbers are
beginning to say, "I've had enough of
this career business. I've worked hard,
I'm successful—but is this what I real-
ly want to do?" If they're lucky—if
they have jobs that allow for flexibility
or the financial resources to do without
a second family paycheck—they are
finding that the once-unacceptable al-
ternative of spending time at home is
not so deadly after all.

What's more, in interviews conduct-
ed over the past few months with wom-
en across the country, we discovered a
new consciousness is evolving. The
women we spoke to debunked the
myth of the superwoman who juggled
a high-paying, glamorous career, a
wonderful marriage and 2.2 beautiful
kids with infinite grace, never once
falling victim to too much stress. In
fact, the deep, dark secret of the late
eighties seems to be that having it all
is really not all that terrific.

These women also admitted—some
with astonishment at how much they'd
changed—to a new feeling of happi-
ness and confidence at being able to
choose lifestyles based on their own
needs and goals rather than having to
make decisions based on what they
were supposed to be doing.

"When women were pioneers in
the workplace," says Sumru Erkut,
"there was only one way to do things.
Now we see there are many ways to
skin a cat. Maybe we're becoming
more tolerant of our differences. The
rules aren't so hard and fast anymore."

What seems to be happening: Women
are realizing that at different stages in
their lives, the job may be more or less
important than they once thought.
"Women have known the working world
for a while now," notes (continued)

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■ GOING HOME continued

Erkut. "The change in feeling is in some respects a reflection of the fact that they've already done it."

"I'd been in marketing research for eleven years when I decided to cut back to a part-time schedule to be with my one-year-old daughter," said Ellen David,* thirty-eight, of Boston. "It wasn't a decision I made lightly; I worried about it for months. But I have my whole life to do market research. My daughter is little only once."

Making the break

Still, though the rules may be more relaxed, though more women feel they finally have a choice, making that choice—whether it involves taking a leave of absence when a new baby arrives, working part-time or quitting entirely—is an agonizing decision.

"It was painful to give up my job," says Chicagoan Joan Callahan, thirty-seven, whose adopted daughter, Maureen, is now three. Callahan says, "My work as a clinical social worker was a major part of my life. My identity was totally wrapped up in it. But I was in a double bind: I was happy when I was at the office and I was happy at home, too."

"I started having professional guilt and mother guilt," Callahan continues, "and it got harder and harder to move between the two roles. But then, somehow, it all became clear: Maureen was my priority."

Joan stopped working full-time when Maureen was two, though she still puts in two hours a week to keep in touch. "But to be honest, now that I'm home, I wouldn't go back for a million bucks. I'm having so much fun."

Like Joan, most of the women who wrestle with the

career/home dilemma find that motherhood is the factor that suddenly reorders their priorities. "So women get caught up in the struggle for success—deadlines, the projects and the career advancement," plains Joy Davidson, Ph.D., a psychologist in private practice in California and the author of *The Agony of All: The Drive for Drama and Excitement in Women's Lives* (Jeremy Tarcher, 1988).

"When these women have children, they suddenly get touch with aspects of themselves they have been denying just unable to see. And these children, rather than take them away from what they love, actually help them make new decisions about the quality of their lives."

For some women, the decision to drop out of the workforce is more practical: "I was tired," says thirty-year-old Linda Mednick, of Coral Springs, Florida, mother of four. Mednick quit her job as a nurse because she was burned out. I felt pressure to do everything hundred percent, and it was hard—cleaning, cooking, organizing everyone's social lives, working and being a good mommy." When she felt ready, Mednick returned to work part-time.

The money factor

Of course, for most women, the decision to go home again rests largely on financial factors: Quite simply, can the family get by on only one paycheck?

For some, there is no choice: If they didn't work, the family probably wouldn't eat. For others, work presents a catch-22: The cost of day care and the added expenses associated with working—transportation, clothing, lunches—may mean that their job is not financially rewarding enough to offset the pull of staying home.

Such was the case of Amy Trommer, thirty-four



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...l worker and mother of three who recently moved from Palo Alto, California. Trommer decided to take a part-time job after her first daughter was born, even though her husband was still in school and they really needed the money. Trommer says, "My working part-time meant we were semi-broke half the time. But I couldn't stop being away from Elizabeth."

New York City textile designer Catherine Taylor, 38, was in a similar quandary just after her son Nicholas was born. "What my husband and I didn't realize, though," said Taylor, "was how much we depended on my salary. But I'd rather go into debt a certain amount, knowing that when Nicholas enters school, I can work and repay what we owe. Because I can never regain these 7 years."

Trommer and Taylor were lucky: Despite the monetary setbacks, their husbands agreed with their decision. Clear spouse's support—be it financial or psychological or emotional—is critical when a woman is considering forsaking her job for home. Claims one New Jersey banker and mother of two: "If I stopped working, my husband would think of me. We're in the same field, and that plays a big part in our relationship. We always talk about work. He says I find me much less interesting if I quit."

However, women who work solely for financial reasons—"and this is probably the majority of women," notes Jackson—"face another very real conflict when they have a child. They need to bring home the bacon, but they also need to care for their children. And that's a whole different kind of agony."

Donna Tapper, a thirty-seven-year-old research director at a nonprofit organization in New York City, recently returned to work after a six-month leave following the birth of her second child.

"No question about it, I get a lot of rewards from working," says Donna, "but I resent having to work, particularly because my job is so demanding. I enjoy the intellectual stimulation, but I hate the feeling of always having to squeeze things in."

Coming to terms

Still, no matter which route a woman takes, the road is never easy, and trade-offs must be made.

For the woman who continues working full-time, it means giving up time with family or friends or missing out on her daughter's debut performance of "I'm a Little Teapot." For the woman who chooses to stay home, it means a few years off the fast track (coupled with the fear that she might never be able to get back on), as well as a certain amount of financial sacrifice—doing without dinners out or movies, or putting off trading in the old station wagon or the too-small apartment until the kids get a bit older. (According to the U.S. Department of Labor, the median income in 1986 for a dual-income family was \$36,835; where a husband was the sole breadwinner, income was only \$28,531.)

Even those who work part-time—for many, the ideal situation—must face the fact that their decision to split their time means they can't be involved 100 percent in either their kids' daily lives or their own careers.

"I'm fortunate to have worked out a part-time position," says Ellen David, the market researcher, "and I wouldn't trade it for anything. But it's not perfect; there are days I tear my hair out trying to be in two places at once. One time I had to miss a party at my daughter's school. And I know I miss out on great projects at work because I can't be there every day."

For many women, the workplace is their (continued)



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Chicken and Shrimp Stir-Fry

½ pound skinless boneless chicken breasts, cut into ¾-inch strips
1 clove garlic, minced
2 tablespoons vegetable oil, divided

½ pound medium-size shelled deveined raw shrimp

2 cups broccoli flowerets
1 cup sliced fresh mushrooms
1 medium red bell pepper, cut into strips
1 jar (12 oz.) Heinz HomeStyle Chicken Gravy

1 tablespoon teriyaki sauce
¼ teaspoon crushed red pepper
Chow mein noodles, warmed

In large skillet or wok, stir-fry chicken and garlic in 1 tablespoon oil for 2 minutes. Add shrimp and stir-fry 2 to 3 minutes or until chicken and shrimp are cooked; remove. Stir-fry broccoli, mushrooms and bell pepper in remaining 1 tablespoon oil about 2 to 3 minutes or until vegetables are tender-crisp. Stir in gravy and next 2 ingredients. Return chicken and shrimp to skillet; heat. Serve over chow mein noodles. Makes 4 servings (about 4 cups).



© 1988 H.J. Heinz Company

GOING HOME

continued

primary source of self-esteem, finding a replacement for that is a cult. Still, they're managing in what that while not ideal are good enough.

Nancy Tarshis, a former teacher of the deaf in a suburb of New York City, stopped working when her first child was born. Today she teaches aerobics and fitness to pregnant women and new mothers. "After I had my kids, I knew I couldn't have continued to do what I was doing before; there would have been no way to maintain the level of professionalism and emotional involvement that was necessary," explains Tarshis.

"Fortunately, when I was pregnant, I became very interested in aerobics," she continues. "I'm a teacher, so obviously I like helping others. Working fifteen hours or so each week, set on my own schedule, is perfect."

The next step

Another factor that has helped ease the pain of decision-making for some women is the sense that, as Williams puts it, "there are ways to temporarily drop out but still keep your hand in."

"In the seventies," adds Erskut, "there really was that belief that if you left, you could never go back. Now women are beginning to feel that's not true. They may be dropping out but not necessarily forever."

Of course, in many businesses, dropping out—even temporarily—is simply not an option. "If any person leaves a job, she is taking a calculated risk; the job may not be there when she wants to come back. That's just reality," notes Erskut. Still, there are many who claim it's a lot tougher for women pointing to the generally poor record in American industry for recognizing the need for better parental leave and child-care policies. And this, coupled with the unspoken belief in many corporate boardrooms that it doesn't pay to train a woman because she's going to leave and have babies anyway, underscores the problem.

Despite the obstacles, more and more women are making the decision to go home again. Most importantly, they feel good about themselves for making that choice, and they're a little less defensive about it than they were ten years ago, when the cold war between housewives and working mothers reached epic proportions.

Today, happily, the animosity of the women who made the right decision seems to be waning as women discover the true message of the women's movement: earning the right to choose to live one's own life.



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Heart disease—often thought of as a man's illness—is the number-one killer of women in the U.S., claiming the lives of 250,000 women each year. By the age of forty-five, one in every seven American women has some form of heart disease, such as blockage of the coronary arteries and even heart attack. But there are a number of things you can do to reduce your heart-disease risk:

• Control high blood pressure

Even mild blood-pressure elevations double the risk of stroke and boost the likelihood of heart and kidney disease.

• Keep cholesterol levels below 200 mg

One in every three women has a cholesterol level that puts her at risk for heart disease. By age forty-five, the average blood cholesterol level for women exceeds that for men.

• Don't smoke

Women who smoke are two to six times as likely as nonsmokers to have heart attacks, and female smokers who take the Pill are nearly forty times more likely to suffer heart attacks than women who neither smoke nor use birth control pills.

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calcium
use it, don't lose it

You probably already know that calcium plays a key role in building bone density and preventing the bone-weakening disease known as osteoporosis. But are you also aware that because of your diet and lifestyle, your body may not be effectively absorbing the calcium you need? Here are some tips to help boost your calcium absorption rate:

free colon-rectal cancer screening

For the seventh consecutive year, *Ladies' Home Journal* readers can take advantage of a free colon-rectal cancer screening, sponsored by Medicine Shoppe pharmacies and the AMC Cancer Research Center. The test is recommended for adults forty and over.

The test is completed at home and mailed to the AMC Cancer Research Center in Denver for analysis. Notification of results is by mail. If the test is positive, you will be urged to see a doctor immediately for further tests. A positive result may indicate a variety of problems besides cancer, including hemorrhoids, ulcers and polyps.

To participate in the screening, visit a Medicine Shoppe pharmacy between Thursday, October 6, and Saturday, October 8, to pick up your free test kit. For a location near you, call toll-free 800-451-0545 (October 3-8); in Missouri, 800-525-3777. If there's no Medicine Shoppe pharmacy in your area, write for a test kit: AMC/Medicine Shoppe CRC Kit, Dept. LHJ, P.O. Box 27365, St. Louis, MO 63141. Write before December 1, and include your return address and two 25-cent stamps for each kit. Allow at least four weeks for delivery.

T cancer and childhood diet

The food you ate as a child may determine if you'll develop colon cancer as an adult, according to a study by Theresa Young, Ph.D., assistant professor of preventive medicine at the University of Wisconsin. Young found that adults whose childhood diets were low in salad and cruciferous vegetables—i.e., broccoli and cabbage—were three times as likely to get colon cancer as adults who ate those foods as kids. And adults who consumed lots of processed lunch meat during childhood ran twice the risk of developing colon cancer that those who ate healthier foods did. The study does not indicate that the effects of poor childhood eating habits are irreversible but stresses the importance of a prudent diet, which includes vegetables and salads, whatever your age.

GET GLUCOSE INTO YOUR DIET

According to a government study, you'll boost calcium absorption by about 25 percent by taking 10 grams (a teaspoon) of glucose sugar daily at the same time you take a calcium supplement. Glucose is sold at drugstores, under the brand names Polycose, Frodex-15, and others.

MODIFY CAFFEINE INTAKE

Each cup of coffee causes about a 6-mg calcium loss, says Bess Dawson Hughes, M.D., of the Human Nutrition Research Center on Aging of the U.S. Department of Agriculture. Decaffeinated coffee has no such effect.

CUT BACK ON SMOKING AND DRINKING

Both speed bone loss and hinder calcium absorption.

TIME CALCIUM INTAKE CAREFULLY

Fiber can interfere with calcium absorption. Therefore, experts say, it's best not to take a calcium supplement with a high-fiber meal, since the calcium will be eliminated during digestion. To get the most calcium possible, eat low-fat dairy products regularly. If your doctor recommends additional calcium, says Hughes, take it in individual doses of no more than 500 mgs, spaced throughout the day.

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One simple reason: Tums®—the very same Tums that is America's bestselling antacid tablet—also happens to be an unbeatable source of calcium. For women (and teenage girls) who need extra calcium in their diets, there's no better source than Tums.

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What makes Tums better than other calcium supplements?

Even though most calcium supplements contain calcium carbonate, this does not necessarily mean they are all the same. For example, laboratory tests* prove that Tums tablets are totally dissolved in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it's not delivering the maximum calcium benefit to your body.

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Yes. Medical research has shown that the most beneficial way to supplement your diet with calcium is by

spreading your recommended intake throughout the day...preferably with meals.

If you're like most women, you need an additional 400 to 600 milligrams of calcium daily. Since each Tums tablet provides 200 milligrams of calcium (300 milligrams with Tums E-X), Tums is ideal for this type of regimen.

Don't wait till you have heartburn to get the extra calcium you need. Ask your doctor about Tums for calcium.

Does your calcium supplement dissolve in time to work?

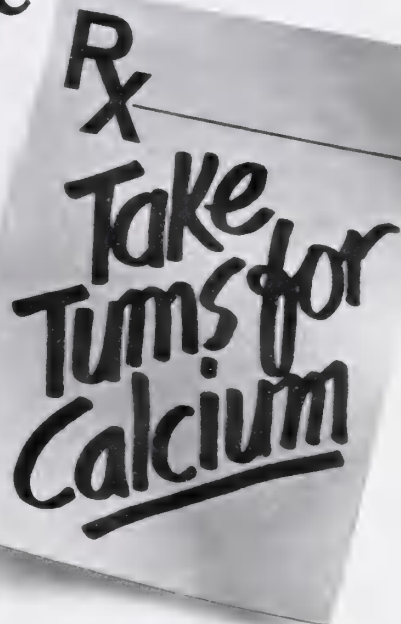
A recent study published in *American Pharmacy*, the journal of the American Pharmaceutical Association, reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30-minute test period. The other leading supplements were only partially dissolved...and many bargain brands hadn't even begun to break down.

Product	% Dissolved in 30 min.
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Supical™	98
Os-Cal® 500	87
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STAR

■ Determined to be an actress and not a star, Meryl Streep takes on yet another challenging role—a mother accused of killing her child

Why MERYL takes chances

A funny thing happened to Meryl Streep this year. She lost out to her close friend Cher for best actress at the Academy Awards. And while Meryl was delighted at Cher's success, she must have been aware of the irony of the situation. After all, it was only five years ago that the two women appeared together in the movie *Silkwood*, and Cher, a neophyte actress, turned Meryl into her mentor and went to her constantly for acting advice.

But the triumph of *Moonstruck* (continued)



A far-from-glamorous Meryl Streep in *Evil Angels*

By Mike Hammer

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The Cuisinart Custom 11. It's a fresh approach to processed food.



(continued) over *Ironweed* wasn't simply the student overtaking the professor. It also has a lot to do with the kind of roles that Meryl has been selecting for herself recently. While movies like *Plenty* and *Ironweed* were dramatically demanding for Meryl, an actress who likes to take risks, they are not appealing to moviegoing audiences. And the woman who is universally acclaimed as one of the leading actresses of our time suddenly finds herself in an unenviable situation. At a time in her career when she reportedly makes an estimated \$4 million per film, her box-office appeal is waning. Despite her seven Academy Award nominations, two Oscars, one Emmy and a Tony nomination, audiences are staying home.

Even reviewers who dubbed her "Magic Meryl" have begun to criticize her humorless selection of characters. Film critic Pauline Kael said it best: "If only Streep would giggle more and suffer less."

But Meryl's next movie is not going to help matters. In fact, *Evil Angels*, out next month, may be her riskiest role yet. Based on Australia's most sensational court case, the film is about a mother accused of killing her baby. The mother, Lindy Chamberlain, insisted she was innocent and claimed a dingo, a wild dog that inhabits the Australian bush, carried off and ate her nine-week-old daughter.

The role is not glamorous, and hardly sympathetic. Even Meryl has admitted that when she was sent the book on which the screenplay is based, she couldn't read beyond page 60. "It upset me too much. My first reaction was like a kick in the stomach." But Meryl, whose own children—Henry, Mary Willa and Grace—are now nine, five and two, persisted with the manuscript and decided to take the part. It is a long way from *The French Lieutenant's Woman*, *Sophie's Choice* and *Out of Africa*, which helped make her name synonymous with superstardom. But stardom has never been Meryl Streep's goal. The thirty-nine-year-old native of Summit, New

Jersey, has deftly avoided the limelight throughout her successful career. She's made it clear she prefers the solitude and happiness of family life with her low-key husband, sculptor Don Gummer, and their children.

Magic Meryl



Audiences seem to miss the mesmerizing Meryl of such movies as *The French Lieutenant's Woman*, *Sophie's Choice* and *Out of Africa*. Her parts in each of these films appealed to both the critics and her fans



Meryl misfires



Streep's riskier roles haven't paid off. Critics found little to rave about in *Plenty*, *Ironweed* proved a little too heavy for audiences to bear, and *Heartburn* (co-starring Jack Nicholson) had reviewers running for Roloids



Obsessed with her privacy, she spends most of her time between films with her family in the relative seclusion of their sprawling \$1.8 million estate in Connecticut. The stately

gray contemporary mansion is set on the far shore of Meryl's twenty-acre lake, which surrounds the house like a huge horseshoe.

Her quest for privacy was the main reason Meryl and her family gave up their loft in New York City's trendy Soho district. She grew tired of "being scrutinized as a public figure, with people checking out my hair, my dress or whatever. I couldn't go shopping without having someone look to see what size underpants I'd buy or whether I was pulling something from the sale rack. I don't like being self-conscious twenty-four hours a day."

"Meryl has solved the problem of how to be happy, though famous, as well as anybody I know," says Mike Nichols, who directed her in *Silkwood* and *Heartburn*. "She has done it by fighting as hard for her personal life as she does for her career. To begin with, she refuses to become celebrity junk food."

"A star?" Meryl once said with a self-deprecating laugh. "I'm not a star. I think you become a star only if you want it. Barbra Streisand and Liza Minnelli are movie stars. But I honestly don't want that, and that, I think, will be the difference in my career."

The difference has been obvious in serious roles like *Karen Silkwood*, the antinuclear activist who was killed in a mysterious auto-accident in 1974, and *Joanna Kramer*, the dissatisfied wife who leaves her husband and child in *Kramer vs. Kramer*.

Streep has defended her choice of roles and certainly her handling of them. "I've done what I've wanted to do," she has said, "only jobs that I liked, that I felt were somehow important on some level, though I found them difficult to do."

And Streep certainly found *Evil Angels* a difficult movie to make. In fact, at

(continued)

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by Dr. Jerry B. Johnson

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Next time you need a laxative, get the one with more benefits for your body.

Look for FiberCon.

■ MERYL TAKES CHANCES

continued

one stage in the shooting, the usually disciplined star actually crumbled under media pressure and burst into tears. But even if the script had been pure comedy, the conditions she was filming under were tough. *Evil Angels* was shot in and around Mt. Isa, a small mining town in the middle of Australia's scorching hot outback.

Tensions reached a boiling point under the Australian sun one day when local tour buses were turned away from Ayers Rock. The rock, a monolith in the Australian desert and always a big tourist sight, was suddenly off-limits because the film unit wanted a closed set. One driver was so incensed by the "arrogance" of the film crew trying to close a public area, he climbed out of the bus and, in "Crocodile" Dundee fashion, decked the person blocking his way and drove on through.

But Streep's difficulties were not limited to the set. She had considerable trouble mastering the Australian drawl. Meryl is renowned for her mastery of accents, a skill she works hard to perfect. For her role in *Sophie's Choice*, for example, she spent five days a week for three months learning how to speak Polish and German so that she'd have the correct guttural accent. During one press conference just before shooting began, she jokingly told Australian journalists that she had invited them only to listen to them speak. "Why else do you think I brought you here?" she asked, before going on to admit the Australian accent "is very, very hard. It's probably the hardest one I've ever tried."

But by the time filming began, Meryl was so accomplished at it, Andrew Kirkham, a defense lawyer in the Chamberlain case, said, "If you close your eyes when Meryl talks, you can hear Lindy speak."

Meryl's serious approach to her work didn't always earn her points with the aggressive Aussie press. Heavy security was constantly present to shield her from reporters and photographers. And it was when photographers intruded on the set at Ayers Rock that Meryl burst into tears.

She was even teased by the media when she inhabited a picturesque country mansion near Melbourne early in the shooting. Reporters called it a "fortress fit for a Hollywood queen." She later quit the estate for accommodations near the city's shopping area.

Her problems with the press continued when she returned home from the filming. She allegedly engaged in a shoving match with a photographer in

upstate Chatham, New York, when tried to take pictures of Meryl with Henry and Mary Willa at a summer stock performance. The photograph allegedly that Meryl had struck him a then kissed him instead when she saw another photographer nearby.

But then, Streep has always scored higher with her peers than with members of the press. Jack Nichols praised her talents after working with her in both *Ironweed* and *Heartburn*. After making *Silkwood* with Streep, Cher described her co-star as an "acting machine in the same sense that a shark is a killing machine. That's what she was born to be."

Fierce perfectionism

As with all her film projects, Meryl learned as much about the character she was playing as possible. She physically transformed herself into a mirror image of Lindy by putting on weight and donning a dark wig. Immersed in the character during filming, she mastered her speech pattern and adopted a wardrobe she could have borrowed from Lindy.

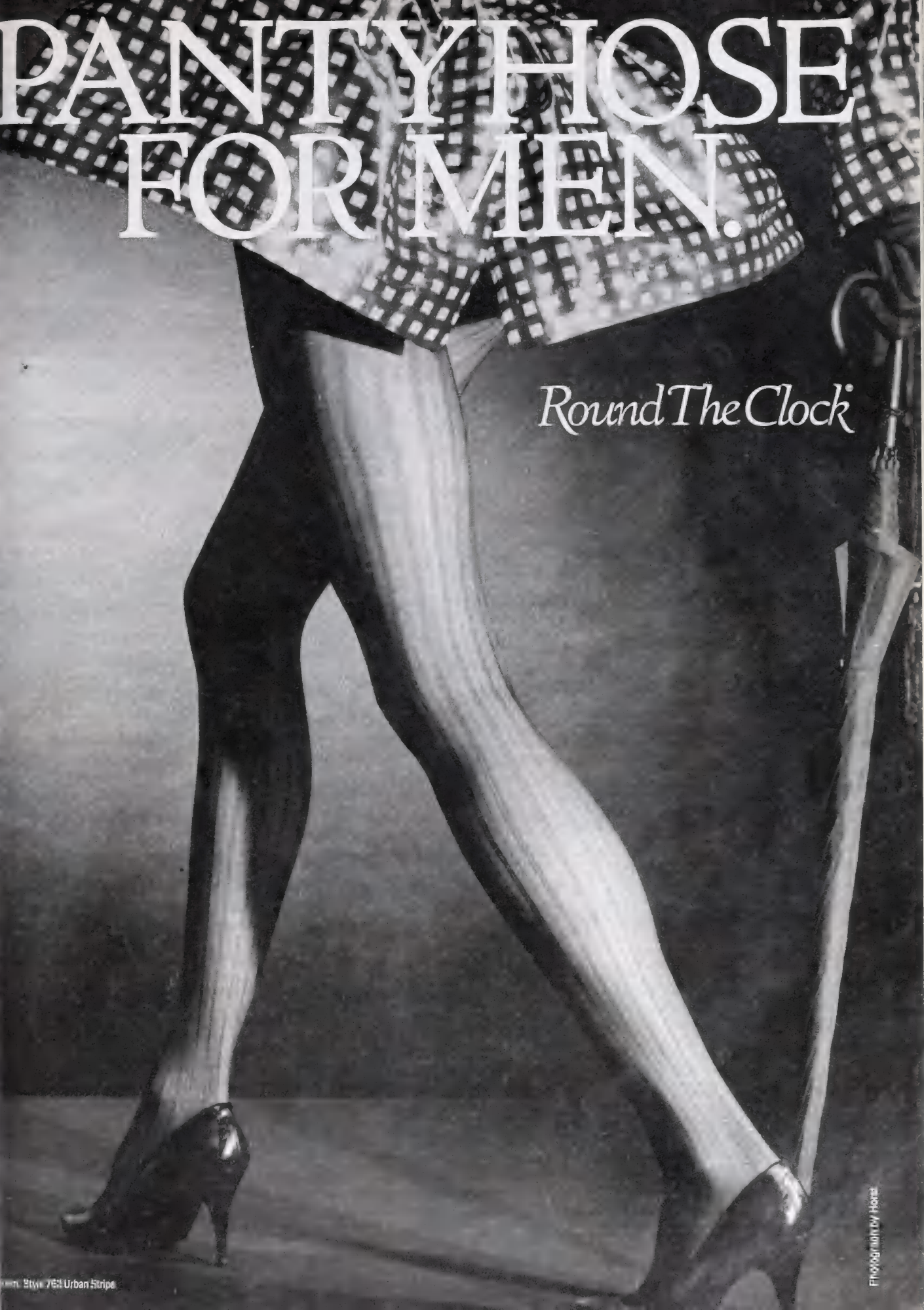
The result is that Meryl's portrayal of Lindy Chamberlain is eerily accurate. The film crew was stunned how realistically she re-created the dowdy wife of a small-town pastor of Seventh-day Adventist Church who became Australia's most infamous woman following the mysterious death of her infant daughter, Azaria.

The Chamberlain case began in August 1980, when Lindy and her husband, Michael, took a camping trip to Ayers Rock with their three children: Aidan, four; Reagan, six; and Azaria.

The family set up a tent at a campsite frequented by tourists. On the second night of the trip, Lindy put Aidan and Azaria to sleep in the tent. A short time later, Reagan told his mother he thought he heard his sister cry. She went to check on the infant and returned screaming that the baby had been carried away by a dingo.

A frantic search that continued in the following day revealed little except what appeared to be paw marks in nearby sand dunes. It was during the hunt that the Chamberlains' behavior first came into question. It was noticed that Michael, a camera buff, apparently took photos of the scene for the press while Lindy seemed detached and unconcerned with the tragedy.

Despite public doubts, the Chamberlains were found innocent of any involvement in the baby's disappearance by a local coroner. He concurred that a dingo had carried off the child (continue)



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ONLY ONE INSOLE
COMES WITH THIS SEAL.



■ MERYL TAKES CHANCES

continued

but also said that someone had tampered with her clothes before they were turned over to authorities. The coroner's decision was overturned, and Lindy and Michael were ordered to stand trial.

The court case quickly became a circus, with reporters and the public loudly offering opinions. The atmosphere in the courthouse was described as one of "hatred and hullabaloo." "Azaria towels" with pictures of dingoes on them were sold to the public during the trial, and people snapped up T-shirts bearing the inscription,

"The Dingo Is Innocent."

Adding to the sensational atmosphere, Lindy became pregnant and gave birth to a girl, Kahlia, shortly after the trial.

The Chamberlains were found guilty by a jury in 1982, and Lindy was sentenced to life imprisonment with hard labor. Michael was granted a suspended sentence after being found guilty as an accessory after the act.

Three-and-a-half years later, Lindy was released following a bizarre twist of fate. In 1986, an English tourist fell to his death from Ayers Rock. When his body was found, so was Azaria's tiny jacket. It was near the base of the

rock, partially buried by the sand.

During the trial, the prosecution had claimed that Lindy lied when said that Azaria had been wearing jacket when she disappeared. The discovery of the jacket seemed to prove that a dingo had indeed carried off child. Lindy was released eight days after the jacket was found. The Chamberlains have sought compensation and to clear their tarnished reputations ever since.

When Streep arrived in Australia she told the local press that she Lindy's case had been mishandled by the country's courts, media and put "I hope I can do well by her," she said. "I know nothing about Australian law but I'll be reading up on it."

At that time, Meryl had not a Chamberlain and was prepared to play her sympathetically. But after meeting her and her husband over lunch, Meryl changed her entire approach to the role. "Lindy is a cool and very tough lady," she said afterward. Meryl decided she'd have to reflect the brightness of Lindy's character.

The reality of the film was often disturbing as well. The crew stood by and watched the day a trained dingo easily snatched up a doll that was used to portray baby Azaria. "The dog just stood there holding it in its mouth for a moment and then took off like lightning," said director Fred Schepisi, who, like co-star Sam Neill, worked with Meryl on *Plenty*.

Looking for a hit

That reality is of paramount importance to Meryl and everyone else involved in the production. But will it have an adverse effect on its popularity? Even Schepisi has indicated that it would have been easier to invent a story to make the movie more appealing than to stick to what actually happened. "But our story is about real people's lives were affected. We can't change what happened," he said.

Evil Angels may be an accurate portrayal of a child's gruesome death, what remains to be seen is whether audiences want to spend their money to see such a film.

While audiences still regard Meryl as a great actress, poor ticket sales for *Plenty* and *Ironweed* indicate that she like to see her play characters they enjoy going to see. And even Meryl may be feeling that way. "There's much I'd like to do," she has said. "When the public is used to you in heavy drama, it's hard to make them take you unseriously. But I want to play comedy." Give it a try, Meryl. Please give it a try.

In time for
Christmas giving...

THE DOVE

The serenity and beauty
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bird of peace in a new
and original work of art

Handcrafted of the
finest bisque porcelain
and meticulously
painted by hand

Dawn in the garden. A soft
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loved garden birds—long a
symbol of peace, love, and good
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feather, leaf by leaf, every sculp-
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intricate intricacy. And every nuance
of color exquisitely defined. The
subtle hues of sand and ivory in
the dove's plumage contrast
beautifully with the distinctive
dark neck markings and shaded
beak tips. And the vibrant green
of the creamy white of the two

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Shown actual size

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that will be admired by all who
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Masterfully painted by hand to reveal
every detail of the turtle dove's subtle
markings.

By Katherine Barrett and Richard Greene

TIMELY
TIPS
TO HELP
YOU
MANAGE
YOUR
FINANCES

stocks and politics

Nervous about a repeat of last year's stock market crash? It's very unlikely that there will be a free fall in stock prices, according to Larry Biehl, director of Bailard, Biehl and Kaiser, Inc., a financial and investment advisory firm in San Mateo, California. But there's still reason for caution—particularly if interest rates go up and Michael Dukakis is ahead in the polls.

It's all a matter of perception, says Biehl. There's a belief that taxes and government spending will both rise if a Democratic president is elected, and that these factors will cause the market in general to head downward.

What should you do if Dukakis appears to be ahead? When it comes to stocks, Biehl recommends investing in health-care, food and beverage, and gold-mining companies—all recession-proof stocks that should do well even if the economy takes a downturn. However, he counsels against putting all of your money in the stock market. He suggests a money market fund while you await market developments.

A George Bush victory, on the other hand, would mean that the economic cycle is expected to proceed pretty much as it has under President Reagan. Right now the country is at the tail end of a period of economic recovery, says Biehl, so investors should pick stocks that do well under these conditions. You should be looking for companies that manufacture products for other companies (such as steel or aluminum) rather than those that manufacture products directly for consumers.

High-tech companies are another good buy, as are manufacturers who export a large percentage of their product line.

how generous are you?

How do you measure up against other Americans in your gift giving? Here are some facts from the most recent Bureau of Labor Statistics Consumer Expenditure Survey. Figures include gifts not only for Christmas but also for birthdays and other special occasions.

- The average family with an after-tax income of \$23,000 spends \$750 a year on gifts. That's 3.3 percent of their income and equals more than four months' worth of groceries.
- Households with an average income of \$55,000 spent \$1,790 (or 3.2 percent of after-tax income) on gifts. Those earning between \$15,000 and \$19,000 spent \$560 (or 3.3 percent).
- How much you give depends on age as well as income. Senior citizens are the biggest gift-givers of all. Households headed by someone over the age of sixty-five have an average after-tax income of \$16,700 and spend \$1,070—or 6.4 percent of income on gifts. Compare that with households headed by thirty-five- to forty-five-year-olds, which have an average income of \$31,000 and spend 2.7 percent of that (or \$830) on gifts.
- Single parents with children under eighteen have an average after-tax income of \$12,800 and spend only 1 percent of that—\$140—on gifts.

Q HELPLINE

Q Every time I turn around there's an offer in the mail for a new credit card. The new premium cards often have alluring benefits, and I like the idea of having many cards in reserve in case of emergency. Is there any reason not to have multiple cards?

A It's easy to see how you can find these offers attractive. Some of the new cards offer automatic rental car insurance, discounts on hotel rooms, high credit limits or extra miles in airline frequent-flier programs. Some even donate a small amount of money to a charity of your choice for each dollar you spend.

For those who travel extensively, the benefits of having several of these premium cards may well be worth the \$50 or more in annual fees. The average person, however, should be cautious about the number of credit cards she takes out, says Gerri Detweiler, spokesperson for the Bankcard Holders of America.

One big reason not to take on new credit cards is that a mortgage company or other lender may count your *total* credit limit in figuring out whether you have too much debt. "They'll figure available credit in, even if you haven't used it," Detweiler says. You may have to give up those extra cards, or your loan application could be refused.

dry fields, HIGH PRICES

If you've got freezer space, you might consider stocking up on pork and beef, says George Casler,

professor of agricultural economics at Cornell University. Last summer's drought caused many suppliers to slaughter their animals early because of dried-up pastures and high-priced feed. All this extra available meat immediately brought prices down. But by early 1989, meat costs may rise, so this is a good time to buy if you can.

Oat prices are also likely to rise through the end of this year, so breakfast cereals are probably a better buy now than they will be in the next few months.

Since there were big wheat surpluses from the previous year, the drought's effect on the prices of breads, pastas, cookies and crackers is uncertain. Prices will probably rise a few percent but not substantially as long as winter and spring weather conditions are favorable for next year's crop.

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oe style #1802/soft cup, average shape style #2802/underwire, and fuller shape style #3802/underwire. ©1988 Bali Company.



How freezing soup can keep your family warm all winter long



Martha Stewart believes that whether you're cooking for two or for twenty-two, it's easy to keep your cool.

And coming from someone who has run a successful catering business, written five books including *Entertaining* and *Quick Cook*, is a contributing editor for *Family Circle*, and syndicated in newspapers

nationwide—you can believe her too.

In fact, as Kmart's entertaining and lifestyle consultant, Martha is helping Kmart customers everywhere by offering tips and advice on everything from setting tables

to preparing for parties to cooking for the family.

For instance, now is the perfect time to prepare large batches of hearty soup and freeze them in plastic storage containers. You can use all kinds of vegetables and meats. All chopped in big, chunky pieces. It's great for easy, quick lunches and dinners. Especially with a nice salad and thick, crusty bread.

Look for Martha's recipes in this month's *Korner*. You'll find it in Kmart's Kitchen Korner. Where you'll also find everything else you need to keep your family warm, without getting yourself overheated.

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Kmart
The Saving Place



a day in the life of **THE** **AMERICAN** **COOK**



It was a day of caviar and blinis for a gowned and tuxedoed cocktail party crowd at a Baltimore art gallery. It was a day of pizza at the kitchen table for a Dallas family.

It was a day in the life of the American cook. It was Friday, May 20, a day typical of the routine happenings and festive occasions that make up American life. All day long in twenty places around the country, photographers from *Ladies' Home Journal* snapped pictures as reporters asked the elementary culinary questions: What's cooking and why? We wanted to find out how America really eats today, and dropping in at meal- and snacktime seemed the best way.

This is how our day of breakfasts, lunches, snacks, parties and dinners unfolded.

Produced by Jan Turner Hazard, Food Editor, and Beverly Stephens, Associate Food Editor. Text by Rob Kasper





What's the best way to begin the day? In Massachusetts the O'Keefe family rises and shines to home-baked blueberry muffins



while Oregonian Paul Mittman and his young son Arie share a quiet moment and their favorite morning fare—healthful granola



Nashville's Loveless Cafe is the place Cissie, Bill and Tyler Tankard like to eat a big country breakfast (no dishes to do!)



and still others, in Missouri, can't possibly get through the morning without taking a break for T.J. Cinnamons' famous buns.



a day
in the life of
**THE
AMERICAN
COOK**

Gooey, calorie-loaded
goodies in the
health-conscious
eighties? It's comfort food



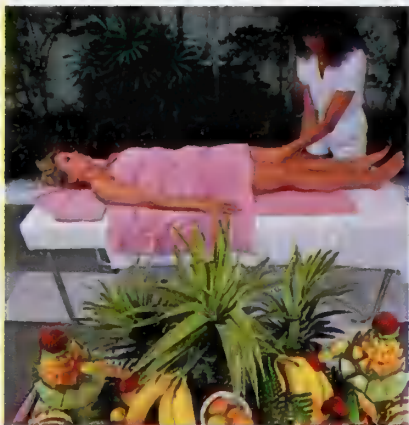
Grade schoolers in San Diego get a taste of Tex-Mex (and a little California history) in the outdoor cafeteria—tacos!



Graduates' lunch—Susan Vawter serves up an artful chicken salad to fellow docents of the Minneapolis Institute of Art.



Workday break: In Chicago, Dawn Dziubla uses the hour to catch up with friends and enjoy the outdoors in IBM's plaza.



Sometimes lunch is less than you'd like. Floridian Grace Fuell eats light at a spa, paring pounds for her wedding.

THE AMERICAN COOK

5:30 A.M.
NORWELL, MA

It's still dark outside when banker James O'Keefe tiptoes into the kitchen and pops a homemade blueberry muffin into the microwave. His wife, Ellen, joins him for coffee before he dashes out to catch a seven o'clock flight to a business meeting in Cleveland. Ellen, a humanities instructor, knows that in her busy house, breakfast is on the run, so she tries to keep

home-baked treats in the freezer. When the kids have had their turn at the microwave and are headed out to the school bus, Ellen, in a rare moment of quiet, pours a second cup of coffee and finally beeps herself some breakfast.

7:30 A.M.
PORTLAND, OR

For Paul, Laura and seventeen-month-old Arie Mittman, the morning is sunny and bright, and their breakfast is, fittingly, homemade granola. Laura is a student at Portland's National College of Naturopathic Medicine, and Paul is a physician who works with the college's clinic and research operations. The Mittmans' training in naturopathic medicine stresses the effect of diet and lifestyle on health, so granola is more than just their grain of the day. It's an expression of their philosophy

about how all Americans should eat: low-fat, high fiber, high in complex carbohydrates.

8:00 A.M.
NASHVILLE, TN

At the Loveless Cafe, the down-home aroma of sizzling country ham wafts through the air as Cissie Tankard, her husband, Bill, and their four-year-old son, Tyler, settle in at their usual table by the window to order platters of ham and eggs and baskets of the steaming

Lunch means more than grabbing a quick bite. It's a time to meet friends, an hour for pampering

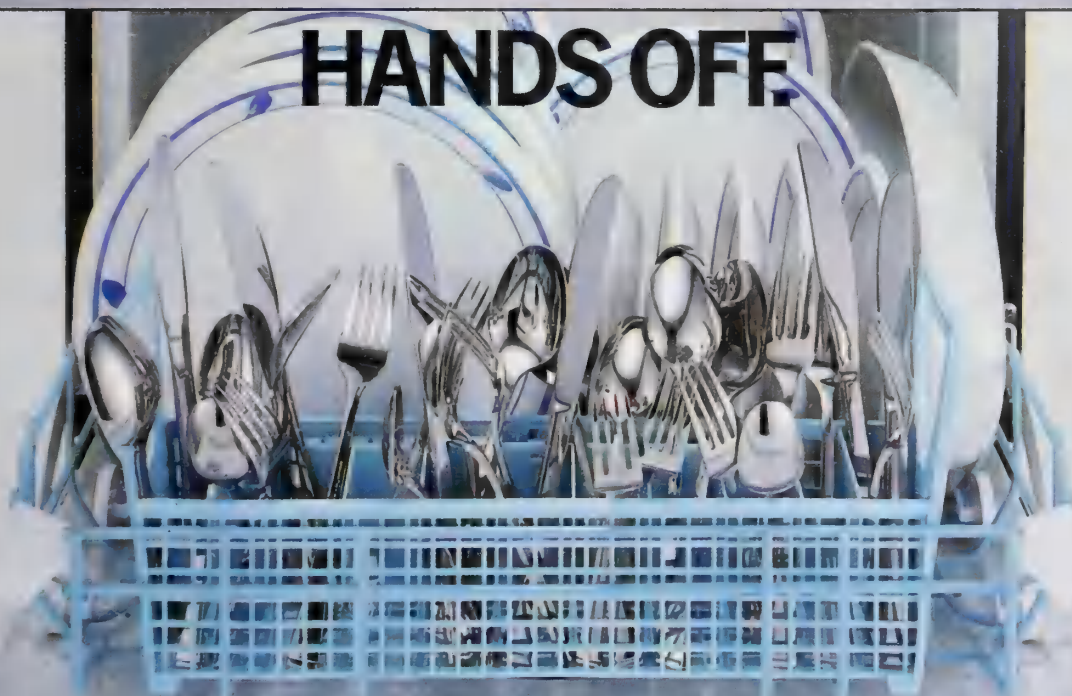
biscuits this country-style eatery is famous for.

Like the Tankards, some 18 percent of Americans (continued)

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Offer expires June 30, 1989. Allow 6-8 weeks for delivery.

Either way, your dishes win.



A New York City power lunch? Modeling mogul Eileen Ford and *Daily News* veep John Campy dine at the "21" Club.



Lunchtime for working Atlanta mom Sharon Campbell is an opportunity to share a healthful snack with her son.

a day in the life of **THE AMERICAN COOK**

(continued) eat breakfast out at least once a week. The Tankards are drawn to the Loveless by a most powerful attraction—good cooking. "I can make biscuits, too," confides thirty-two-year-old Cissie. "But Mrs. McCabe just makes them so much better."

10:30 A.M. KANSAS CITY, MO

It is a muggy morning in Kansas City, but Jay Wilson, supervisor of

T.J. Cinnamons bakery, isn't worried that the heat will slow sales. On Fridays, Wilson says, office workers take dozens of cinnamon rolls to the office to propel them through the day—T.G.I.F.!

How do icing-coated, pecan-studded buns thrive in this era of lean cuisine? Says Joyce Rice, co-owner of the operation, "It's comfort food." Over six hundred calories' worth of pure comfort.

11:15 A.M. SAN DIEGO, CA

Lunch is always a lively affair for five- to seven-year-olds, especially today, when the featured item at the Vista Grande Elementary School is every kid's favorite: tacos.

We're a nation of fast-food eaters—sales have grown from \$6 billion to \$60 billion in the last twenty years—and the taco is high on the list of favor-

ites, especially in families with kids under twelve. But unlike more conventional fast food, the taco is a dietitian's delight, chock-full of potassium, iron and calcium. Olé!

Noon PLYMOUTH, MN

The ladies' lunch is not a thing of the past. Susan Vawter, a forty-four-year-old homemaker, is preparing for a meeting of her fellow docents at the Minneapolis Institute of Art. Susan puts the finishing touches on a summer-style meal—

**We're a nation of nosherers:
We eat more than
\$7 billion worth of
snacks each year!**

curried chicken salad served in cantaloupe—then goes around the house opening windows. "It's almost eighty degrees, (continued)

We lead you to temptation but deliver you from evil.

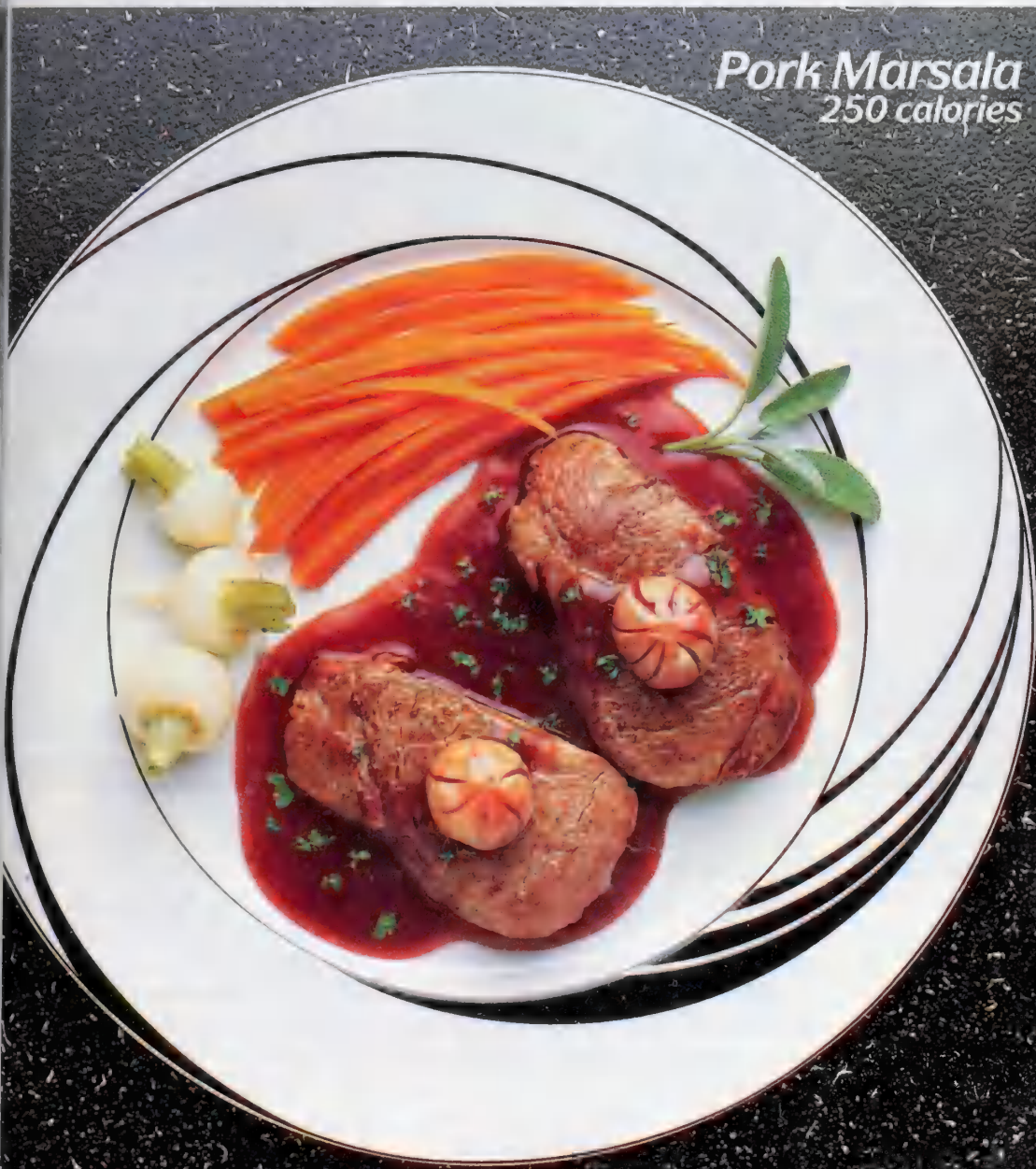
We're talking about the divine flavor of pork — the other white meat.™ Sure, it's tempting and nutritious enough to grace any table.

But it's also surprisingly low in calories and cholesterol. Easy to prepare. And versatile enough to satisfy your family's changing tastes with something new and different.

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Pork Marsala 250 calories



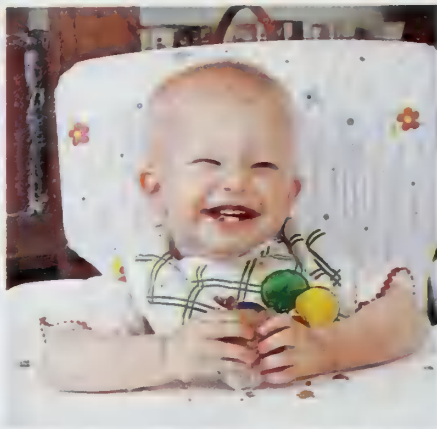
**1 lb. pork
tenderloin**
**1 Tbs. each oil and
butter**
**1 medium clove
garlic, minced**
1 Tbs. tomato paste
**1/2 C. dry red
marsala**
1/2 C. red wine
**8 oz. fresh
mushroom caps**
**1 tsp. chopped
parsley**

Cut tenderloin diagonally into cutlets. Pound to 1/4" thickness, if necessary. Heat oil and butter in heavy fry pan. Brown cutlets on both sides. Remove from pan. Add garlic to pan, saute briefly. Mix tomato paste with wines, add to pan, with mushrooms. Stir to blend with pan juices. Simmer 3-5 minutes. Return cutlets to pan and heat through. Sprinkle with parsley and serve immediately.

Serves: 4
Preparation time:
20 minutes



The
Other
White
Meat.™



Marjorie Sue Neuenswander of Ohio brings midday smiles to the faces of her children with homemade ice-cream sandwiches!



Andrew Sheridan isn't picky about after-school snacks, but his vegetarian sisters are; here, the Connecticut teens dig into carrot cake.



At an Alabama bring-a-dish church supper Betty Carol Gilbert, as always, contributes her famous Vidalia onion casserole.

(continued) and as soon as the weather gets warm up here in Minnesota," she says, "we go overboard."

12:15 P.M. CHICAGO, IL

For Dawn Dziubla, twenty-seven, a senior secretary at IBM who attends night school at DePaul University, lunch is how she stays in touch with friends.

Today Dawn and some of her colleagues brown-bag it on the outdoor plaza. The food is nothing out of the

ordinary—ham and cheese, pretzels, a soda. What they really meet here for is the laughter, the sharing.

12:30 P.M. POMPANO BEACH, FL

Last year 60 percent of Americans were on a diet. Today, Grace Fuell, twenty-four-year-old managing editor of a Fort Lauderdale magazine, is one of them. It's just two weeks to her wedding, and she wants to shed a few pounds.

At the Palm-Aire Resort and Spa Grace can have anything she wants ... as long as she doesn't exceed 800 calories for the day. What if she goes over the limit? The waiter will politely inform her that the lunch is illegal. She settles for Chef Bill Lone's within-legal-limits duck salad and a sauna for dessert.

1:00 P.M. NEW YORK, NY

More than half of Americans eat

a day in the life of **THE AMERICAN COOK**

Microwaves are a
timesaving miracle in
70 percent of U.S.
homes—we can
enjoy real family
meals again



And home on the range in Oregon, the Tracy family sits down to a hearty meat and potatoes supper . . . they eat beef twice a day!

lunch in a restaurant at least once a week. The lucky few, like modeling mogul Eileen Ford, eat in a restaurant like New York's "21" Club. Today Ford and New York Daily News vice-president John Campy are power lunching on crab cakes at a corner table—"her" table. Just ask the maître d'.

1:30 P.M.

ATLANTA, GA

These days, Sharon Campbell

chooses the second shift at the superintendent's office of the Atlanta public school system so she can drive home to give her four-year-old son, Billy, his snack. Campbell, a thirty-one-year-old school administrator, has been performing this lunchtime ritual since she went back to work after Billy was born. "It's our special time together," she says over a plate of fruit. First-child fervor? No, she vows, "I am always going to devote my lunch hour to my kids."

3:00 P.M.

COLUMBUS, OH

Marjorie Sue Neuenswander has a batch of made-from-scratch carob cookies and a quart of ice cream at the ready. Any minute now, when Peter, the oldest of her four children, gets home from second grade, she will greet him with a homemade ice-cream sandwich. Peter arrives, eats and smiles. Marjorie sighs. Peter's (continued)



An affair to remember . . . a Baltimore cocktail party on the eve of the Preakness features poached scallops on daikon slices.



Guess who's coming to dinner? Julia Child! California chef Bryan Carr has the unenviable task of creating a gourmet feast.

a day in the life of **THE AMERICAN COOK**

(continued) moods are important, she says, because the other kids—Kira, six, Matthew, four, and even Christina, one—take their cues from him. And calm, if that word is even applicable to a household with four small children, reigns again.

3:15 P.M. **RIVERSIDE, CT**

Shortly after the school day ends, the refrigerator door opens at the Sheridan household, home to two

working parents, four teenagers.

The girls are vegetarians. "For moral reasons," says Debi, sixteen, "and I don't like the taste of meat." Andrew, fourteen, has no such qualms, though today he eschews the salami and cheese in favor of a creation his sisters dub "suicide yogurt," a mixture of yogurt, various cereals, two kinds of raisins, bananas and coconut. For Andrew, it's just a little something to tide him over until suppertime.

5:30 P.M. **HOMEWOOD, AL**

The notion of formal organization seems mildly perplexing to everyone at the Oakmont United Methodist Church potluck supper. "You just rely on people to bring what they always do," says Virginia Gilbert Perrin, twenty-nine, a longtime church member.

Perrin always brings her squash

casserole. Her mother, Betty Carol Gilbert, brings her Vidalia onion casserole. And when onion season wanes, everyone knows Gilbert will bring her banana pudding. "It works out," says Perrin. "Only once did everybody bring dessert."

5:45 P.M. **LAKEVIEW, OR**

Where's the beef? Right here. Ann Tracy has just returned from riding the range—on horseback and in a pickup—and is getting ready to start a microwaved sirloin tip roast

*Entertaining today:
We're serving soda, not
scotch; fancier appetizers,
not elaborate dinners*

and baked potatoes for supper with her rancher husband and two teenage daughters. The Tracys eat beef twice a day— (continued)

Stouffer's
Lean Cuisine®
 Less Than 300 Calories

**CHEESE
 CANNELLONI**
 with Tomato Sauce

With
DUALON® Tray
 For Microwave or
 Conventional Ovens



Lean Cuisine®
CHEESE CANNELLONI
 with Tomato Sauce

Less Than 300 Calories

When it comes to taste,
 Lean Cuisine® has an unfair advantage...
 Stouffer's® good cooking.

When you choose Lean Cuisine®, you should know you're getting something no other light entree in the world can hope to match. Stouffer's® good cooking.

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And that's not all. Because Lean Cuisine is made by Stouffer's you get a lot of other quality touches in the bargain for fast, great-tasting meals. Like convenient pouches



that can be prepared in your microwave or boiling water. And microwaveable trays that aren't made of paperboard. So,



you get an attractive serving tray you would enjoy eating from at home, at the office or anywhere.

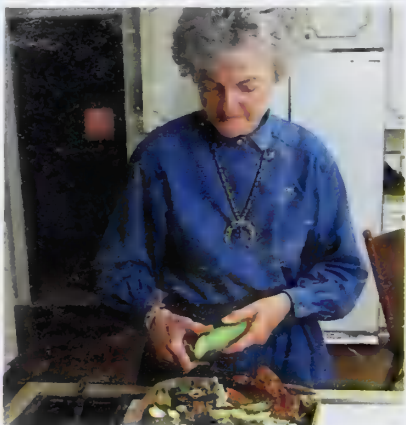
And when it comes to variety, Lean Cuisine gives you twenty-eight deliciously different entrees that include all your favorite cuisines: Oriental, Italian, French, American — and more.

The Lean Cuisine advantage. Taste it for yourself!

More Satisfaction™



When in doubt, order out! The Safronoffs in Texas juggle jobs, kids and dinner all week, so Friday is usually a pizza night.



But for Jo Middaugh in Colorado it's a night to entertain. She cooks up elegant-but-easy dishes so she can relax with friends.

a day in the life of **THE AMERICAN COOK**

(continued) for convenience rather than out of loyalty. "It's easy, good and fast," says Ann, who also works part-time as a dental hygienist. "This is a mom who is always in a hurry."

6:30 P.M. BALTIMORE, MD

Is it time to move from the blinis to the lobster with asparagus as? That is the question being debated in the kitchen of the Walters Art Gallery. Out on the floor of the

gallery the mood and the food are festive and elegant. It's the eve of the Preakness Stakes, the second leg of horse racing's Triple Crown, and the crowd, made up of race-horse owners, higher-ups of the *Baltimore Sun*, and local somebodies, are happily sampling the scallops on daikon radish slices.

For the record, Risen Star takes the purse.

6:30 P.M. SANTA BARBARA, CA

Across the country, at another party, what could be an American chef's worst nightmare is unfolding—cooking for Julia Child. But Bryan Carr, who is preparing the hors d'oeuvres for an American Institute of Wine and Food party in honor of the grande dame of American food, proceeds with aplomb. He has chosen *nouvelle*-looking leeks with caviar, purses of pale green Napa cab-

bage stuffed with curried chicken, poached quail eggs accented with aspic-coated chervil leaves. Only one disaster: The squash blossoms arrived too withered to stuff. And nobody missed them.

7:00 P.M. COPPELL, TX

"I'm usually a from-scratch cook," says Susan Safronoff, a thirty-five-year-old mother of two who writes restaurant guides, "but on Friday night, if it's been a long week, I get a pizza." No doubt about it,

Takeout is the biggest food trend of the eighties—and pizza is our all-time favorite

she's got lots of company: Americans ordered out an average of twenty-six times last year. The favorite fare: pizza. (continued)



HOW TO CREATE A CHICKEN DISH THAT WON'T KEEP YOU COOPED UP IN THE KITCHEN.

Only Durkee adds that crunch...that savory onion flavor!



California-Style Chicken (Ready To Bake In Just 12 Easy Minutes)

- | | |
|---|---|
| 1 can (15 oz.) tomato sauce | 1 can (2.8 oz.) Durkee French Fried Onions |
| 3 tablespoons red wine vinegar | |
| ½ teaspoon Durkee Sweet Basil | 2½ pounds chicken pieces, fat trimmed, skinned if desired |
| ¼ teaspoon Durkee Garlic Powder | 1 package (10 oz.) frozen whole green beans, thawed and drained |
| 12 small red potatoes, thinly sliced (about 3 cups) | |

Preheat oven to 375°. In small bowl, combine tomato sauce, vinegar and seasonings. Spread ½ cup tomato mixture in bottom of 9 x 13-inch baking dish; top with potatoes and ½ can French Fried Onions. Arrange chicken over potatoes and onions. Spoon 1 cup tomato mixture over chicken and potatoes. Bake, covered, at 375° for 35 minutes. Stir green beans into potatoes. Spoon remaining tomato mixture over chicken. Bake, covered, 10 to 15 minutes or until chicken and beans are done. Top chicken with remaining onions; bake, uncovered, 3 minutes or until onions are golden brown.

Preparation time: 12 minutes

MAKES 4 to 6 servings.

MICROWAVE DIRECTIONS: In 8 x 12-inch microwave-safe dish, place potatoes and top with ¼ cup water. Cook, covered, on HIGH 10 minutes, stirring halfway through cooking time. Stir in green beans and ½ can onions. Arrange chicken on top with meatiest parts toward edges of dish. Prepare tomato mixture as above; pour half over chicken and vegetables. Cook, covered, 8 minutes; stir vegetables and rearrange chicken. Pour remaining tomato sauce over chicken. Cook, covered, 8 to 10 minutes or until chicken is done. Top with remaining onions and cook, uncovered, 1 minute. Let stand 5 minutes.



Trendy Steamers is the place to socialize in Phoenix, where Cindy Younce and Tom Assad unwind after a long workweek.



A happy ending to our day of eating—a toast in Maryland to Diana and Francis Sullivan, who, after the I dos, dine divinely.

a day in the life of **THE AMERICAN COOK**

7:45 P.M.

ENGLEWOOD, CO

"I love to entertain," says fifty-eight-year-old Jo Middaugh as she slices the zucchini she'll add to the lamb shanks braising in the oven. Tonight's guests are friends from her husband's office and a local tennis club. She cooks with authority and gusto...and she has her priorities figured out: "I don't like dishes you have to fret

over. I like to talk to my guests."

8:00 P.M.

PHOENIX, AZ

It's happy hour at Steamers, a popular social spot in Phoenix. The background noise—Yuppies unwinding after a long workweek—has risen to a roar. What's the entrée of choice? Fish, the food of the tan and the firm. Chef Matney spends his mornings ordering fresh fish flown in from all over the country.

The fish, the wine and the social scene are why Cindy Younce and her date, Tom Assad, are there. "After a long hard week, a Friday night dinner out is a real treat."

10:00 P.M.

CHEVY CHASE, MD

White lace and promises...and one of the promises to Diana Sullivan and her husband of a few hours was a chocolate cake for their wedding. Except it turned out to be white chocolate. The bride was gracious about the mix-up. "It

was no big deal. I still got married."

Like the other 2½ million couples who will marry this year, Diana and Francis demanded that the food served on this occasion be especially gala.

The bride and groom slip away as the wedding guests dance on and on until after midnight. It's time for cooks—and eaters—all over America to call it a day...and even as it ends here, in the small hours of the night, it is beginning again in another household, as someone else rises in the predawn darkness to start the chores, catch a flight to Cleveland or pop a muffin in the microwave. ■

For recipes for the dishes we've talked about here, turn to page 179.

Ladies' Home Journal Food Survey

We've told you about food trends across the country. Now tell us about you: how you cook, what you cook, when, where and why you cook. Please turn to page 193 and take a few minutes to answer the questions in our food survey.

Chex Party Mix

Any other snack
doesn't stand a
ghost of a chance!



When ghosts, goblins, monsters and ghouls are the guests at your home, you better have a hauntingly delicious treat like Chex Party Mix on hand. (Except for the ghosts, it will be your party's most popular disappearing act!) When these invaders find the taste and crunch to be out-of-this-world, assure them they're not imagining things! Chex Party Mix is so "goblin-good" you'll see why no other snack stands a ghost of a chance.

And remember, Chex Party Mix is so easy to fix, it's almost frightening! Now you can scare up some in as little as 6 minutes (see microwave instructions in recipes).

Hot'n Devilish Mix

- 1/4 cup (1/2 stick) butter or margarine
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ketchup
- 1 teaspoon onion salt
- 1/2 to 1 teaspoon hot pepper sauce
- 2 cups Corn Chex® brand cereal
- 2 cups Rice Chex® brand cereal
- 2 cups Wheat Chex® brand cereal
- 3 cups popped cheese popcorn
- 2 cups chili cheese flavored corn chips

Preheat oven to 300°. In open roasting pan melt butter in oven; remove. Stir in Worcestershire, ketchup, onion salt and pepper sauce. Gradually add cereals, stirring until all pieces are evenly coated. Bake 20 minutes, stirring after 10 minutes. Stir in popcorn and chips. Bake an additional 10 minutes. Spread on absorbent paper to cool. Store in airtight container.

Makes 11 1/2 cups.

Traditional Chex Party Mix

- 1/4 cup (1/2 stick) butter or margarine
- 1 1/2 teaspoons seasoned salt
- 4 1/2 teaspoons Worcestershire sauce
- 2 1/2 cups Corn Chex® brand cereal
- 2 1/2 cups Rice Chex® brand cereal
- 2 1/2 cups Wheat Chex® brand cereal
- 1 cup salted mixed nuts
- 1 cup pretzel sticks

Preheat oven to 250°. In open roasting pan melt butter in oven. Remove. Stir in seasoned salt and Worcestershire. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on absorbent paper to cool. Store in airtight container.

Microwave Directions*: In 4-quart bowl or 13 x 9 x 2-inch microwave-safe dish melt butter on HIGH 1 minute. Stir in seasoned salt and Worcestershire. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in airtight container.

*Due to differences in microwave ovens, cooking time may need adjustment. These directions were developed using 625 to 700 watt ovens.

Makes 8 cups.

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3 BOXES

IS THIS A SIGN I'M GETTING OLD?



Wrinkles, fatigue and memory loss may not mean what you think (or fear!). Here are surprising answers to your most common questions about aging



Don't blame those fine lines on another birthday if you have been a steady smoker or spent a lot of time in the sun

Though it sounds almost too good to be true, growing older doesn't have to change the way you look and feel. In fact, some of the symptoms we associate with age can actually be alleviated or prevented, simply by changing your diet or your habits. Read on for expert solutions and treatments for the problems we all face.

I'm tired all the time. Am I feeling so run-down because I'm getting older? Not necessarily. Many women have undiminished levels of energy far beyond middle age. Your constant fatigue could be the result of an iron deficiency or a symptom of a hidden illness. See your doctor to find out. But the most likely cause of low energy is a lack of sleep, says Robert K. Watson, Ph.D., *(continued)*

By Carol Ann Rinzler

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GETTING OLD

continued

ector of the New Haven Sleep Disorder Center.

Check your sleep pattern. Are you suddenly having a hard time falling asleep? Are you waking up very early in the morning? Your problem could simply be too much coffee late in the day. The effects of caffeine can linger as long as six hours. Other possible causes: anxiety over a stressful situation at home or at work, or depression triggered by a physical or psychological event. To relax before bed, try some classic de-stressors, such as a long, warm soak in the tub; listening to soothing music; or yoga stretches and breathing exercises that have a calming effect. Clear your mind of worries by concentrating on a special word or image until you fall asleep.

Keep forgetting people's names, and important facts and figures. Am I getting an early case of Alzheimer's disease?

It's doubtful. According to the Alzheimer's Disease and Related Disorders Association, we all forget names, faces and facts occasionally, particularly when we're under stress. When we're young, we take these small lapses of memory for granted; as we get older, we fear they may be a sign

that our minds are deteriorating.

As long as this occasional forgetfulness doesn't interfere with your life, the best solution is to simply ignore it. Or solve the problem by using items that will help to jog your memory—for example, make shopping lists and carry an appointment book.

If your memory loss is more persistent, your problem may be a sleep disorder such as sleep apnea. (It's more common in men than women, however.) The disorder may strike dozens of times a night, causing a person to stop breathing for about twenty seconds, says Robert Watson. It can be quite serious—affecting memory, concentration and attention enough to lower the IQ—and may be worth checking into. For a referral to a sleep disorders clinic in your area, write to the Association of Professional Sleep Societies, 604 Second Street, S.W., Rochester, MN 55902.

Finally, another often overlooked cause of temporary, reversible memory loss is overmedication with drugs that usually cause drowsiness—antihistamines, for example.

My dark hair is starting to turn gray, and I'm not even thirty! Does this mean I'm aging faster than normal?

The age at which our hair turns gray is most likely determined by our

genes, says Arthur K. Balin, M.D., Ph.D., assistant professor in the laboratory for investigative dermatology at Rockefeller University, in New York City. Although those first signs of graying may show up more clearly in dark hair, by the age of twenty-five, nearly 25 percent of us—whether we're blonds, redheads or brunets—will have some gray hair. By age thirty-five, about 65 percent of us will be partially gray.

Sometimes, however, prematurely white hair can have a medical cause. Vitiligo, a condition in which the immune system destroys pigment cells in the skin and hair, may run in families or appear after emotional or physical stress. Because vitiligo actually occurs in the hair follicles, any new-growing hair turns white. Depending upon the extent of the condition, it may affect certain areas of the hair, or even the entire head. If you think you have vitiligo, you should see a dermatologist for treatment and further testing, as this disorder may affect vital organs of the body.

Unfortunately, there is no cure for going gray. No amount of vitamins or miracle products will permanently put the color back in your hair.

Every time it rains, my joints ache. Why does this happen? (continued)

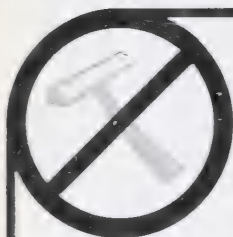
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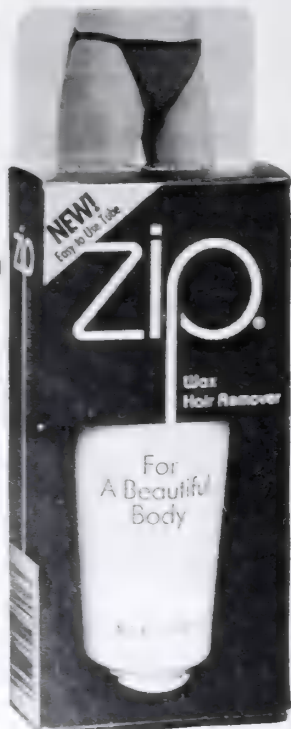
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Zip's innovative applicator tube: fast, safe, easy home waxing.

■ GETTING OLD

continued

Age is not the direct cause of this complaint. Instead, weather-related pain seems to be linked to changes caused by an inflammation of the joints or an injury that damages the bony part of a joint. It is also linked to osteoarthritis, a chronic degenerative joint disorder.

Exactly how and why changes in the barometric pressure make joints ache is still a medical mystery. One possibility, according to Murray Hamlet, director of the cold research division at the U.S. Army Research Institute for Environmental Medicine, in Natick, Massachusetts, which conducts research into the effects of weather on health, is that when the barometer goes up or down, pressure changes inside the joint may trigger the pain.

Weather-related discomfort varies from person to person, and it also seems to run in cycles—achingly present one year, absent the next. The pain is usually treated with aspirin or an anti-inflammatory agent such as ibuprofen. If the problem is caused by a torn cartilage inside the joint, the cartilage can be surgically removed or repaired. Finally, an exercise program designed to strengthen muscles around the aching joints is a must, says Frederick McDuffie, M.D., director of the arthritis center at Piedmont Hospital in Atlanta. Otherwise, a weak muscle can make an injured joint subject to greater stress, which in turn leads to more pain. This is especially true if the recurrent pain is in your back, which is a multiple joint. Ask your doctor to devise an exercise plan for you.

I can't eat as much as I once did without gaining weight. Is this normal?

Unfortunately, yes. After age twenty, almost everyone who starts out lean and has a normal diet will gain about five to ten pounds a decade. Women continue to gain weight into their seventies, while men appear to level off in their sixties.

Scientists are not certain whether this weight gain is the result of a change in metabolism or occurs simply because we're less likely to be active as we get older. In one 1986 study at the USDA Human Nutrition Research Center on Aging, at Tufts University in Boston, researchers found that exercise increases the body's level of adrenalin, a hormone that stimulates the burning of fat, which means that exercising regularly may help to control your weight.

On the other hand, if you hate to exercise, you'll be pleased to learn that gaining a moderate amount of weight on a healthy diet as you get older may be good for you. (continued on page 96)



FRANKLIN HEIRLOOM DOLLS EXCLUSIVE

Doll shown smaller than actual size of approximately 19"

■ GETTING OLD

continued from page 92

you. For example, women who weigh more are less likely to develop osteoporosis. And figures compiled by Reubin Andres, M.D., of the National Institute on Aging, strongly suggest that people who gain some weight as they get older will live longer than people who are very thin or very fat.

However, if you have high blood pressure, an abnormally high level of blood cholesterol or a family history of diabetes—all of which are associated with weight gain—you need to take extra precautions. Andres advises getting recommendations from your doctor on diet and weight.

At twenty-eight, I have tiny laugh lines around my eyes. Does this mean I'll have serious wrinkles by thirty?

Not necessarily. The best way to prevent wrinkles is to stay out of the sun. As you get older, your skin naturally becomes thinner, dryer and more likely to crinkle. The sun's ultraviolet rays accelerate this process by destroying collagen that would otherwise keep your skin plumped up. The result is fine lines and wrinkles that may show up while you're still in your twenties if you spend a lot of time outdoors, says Robert R. Walther, M.D., associate

clinical professor of dermatology at Columbia University College of Physicians and Surgeons. He recommends always using a sunscreen, preferably one with a sun protection factor (SPF) of 15 or more.

Finally, if you're a smoker, quit. Although no one knows why, smoking often causes wrinkles around lips and eyes, fine lines on the cheeks and jaws, and a leathery, slightly orange, purple and red complexion. The only good news about this condition—known as smoker's face—is that it seems to disappear when a person stops smoking.

I don't have wrinkles, but my skin is getting coarse. What could be causing this?

Once again, the sun is to blame, says Richard L. Dobson, M.D., chairman of the department of dermatology at the Medical University of South Carolina, in Charleston. When ultraviolet radiation hits your skin, it changes the composition of the proteins there, causing clumps of elastic fibers to develop in the deeper layers of the skin. These clumps make your skin irregular, bumpy and coarse.

This condition, known as solar elastosis, can worsen each time you go out into the sun. Since its effects are cumulative, you can slow down the coarsening dramatically just by using a

sunscreen every day. If you have large pores around your nose, the facial formulated for this problem. realize the results are temporary. **I'm going back to school, but I don't learn as quickly as the eighteen-year-olds. Is my brain slowing down?**

Not at all. As long as you are healthy, your brain will work as well at forty as it did when you were eighteen.

The reason you don't learn as quickly as your younger classmates may have a lot to do with other factors like your priorities. When you were in college at age eighteen, studying is your job; thus you are likely to do well. However, when you go back to school in your forties, you may be working, raising a family and running a home at the same time. Consequently, your studies merit less attention and it takes you longer to learn. But if you apply yourself and concentrate on what you're learning, you should find that your brain is as powerful as ever.

My teeth are getting yellow. Is there any way to whiten them?

If your teeth are discolored from superficial yellow or brown stains caused by coffee, tea and tobacco, you can solve the problem easily by brushing with a paste of baking soda and water (an abrasive, which rubs the stains away) or by visiting your dentist re-



A photograph of a man and a baby in a bathtub. The man is sitting in the water, holding the baby. A bar of Pure Natural soap is shown in the upper right corner. The text 'Pure & Natural. Feels mild, gentle, never dry. The Gentle Clean' is written on the right side of the image.

Pure & Natural.
Feels mild, gentle,
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The Gentle Clean

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fresh air to my life.
Highly dependable.
Long lasting relationship
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ly (every six months to a year) for a cleaning. However, it's harder to remove the yellowing that occurs naturally, says Michael Roberts, D.D.S., chief of the patient-care section at the National Institute of Dental Research at the National Institutes of Health. As a tooth matures, dentin—a yellowish mineralized tissue similar to bone—builds up beneath the enamel. Dentin doesn't reflect light, which is why the tooth looks darker.

If your teeth are so dark as to be unsightly, you may be able to have them bleached. A dead tooth (one with the nerve and blood vessels removed) can be bleached from inside the tooth, but the process will make it slightly weaker. A living tooth must be bleached from the outside. Other cosmetic treatments include capping, bonding or fitting porcelain veneers over teeth for a brighter smile. Check with your dentist.

My eye bags under my eyes are getting heavier every day. What can I do about them?

If you've got bags because the shape of your skull and eye sockets is causing the skin around your eyes to sag, a long-term cure means plastic surgery to tighten the skin. However, your bags may be nothing more than the treatable symptom of an allergy. "Allergic shiners"—dark puffy circles—can occur at any age, even in children, says Leonard Hoffman, M.D., director of the pediatric allergy clinic at the University of Texas in Houston. Treatment with antihistamines, decongestants and nasal anti-inflammatory sprays offers relief.

Another treatable cause of swollen, puffy eyes is idiopathic edema, a type of fluid retention of an unknown origin, which is much more common among women than men. The swelling is temporary, but it can recur again and again over a period of years. Losing weight may help to reduce the amount of fluid your body retains and tighten

up those bags around your eyes. Hoffman also recommends regular exercise as a way to increase circulation of the blood and reduce puffiness.

I'm only thirty-five, yet I already have varicose veins. Is there anything I can do about them?

Varicose veins occur when the blood in the legs flows down and pools in a vein rather than returning up toward the heart, as it should. One third of all women who develop varicose veins get them before the age of twenty-five; by forty, about a quarter of all men and half of all women have some sign of them in their legs. These may be either the large, thick veins or the tiny red varicosities called spider veins, which also occur on the cheeks and nose.

Unfortunately, no one knows exactly what causes varicose veins. According to Denis Beaudoin, M.D., assistant professor of dermatology at the University of Texas Southwestern Medical School, in Dallas, genetics may play a role. Other contributing factors may be such things as frequently crossing your legs, standing for long periods of time or being overweight. Varicose veins are also common during pregnancy, when the swollen uterus presses against the veins that lead from the pelvis to the leg.

To help prevent varicose veins from developing, Dr. Beaudoin suggests wearing support hose, elevating your legs whenever possible and walking to help tone up the muscles in your legs. To get rid of varicose veins you already have, the most effective treatment is sclerotherapy, injections of a solution designed to make the enlarged vein collapse. The procedure can be performed in your doctor's office, without anesthesia.

Stripping, the surgical removal of varicose veins, is reserved only for large veins that cause persistent discomfort. This surgery, which is performed under anesthesia, usually means a short hospital stay. ■

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HOT! THE OLYMPICS

WHAT'S



Mary Decker Slaney running after a dream

She is one of the all-time great women runners, yet she has never won an Olympic medal, and she is best known for a race she did not finish. But Mary Decker Slaney hopes to change that this year in Seoul, Korea, by winning the gold medal she has been longing for since she was barely in her teens.

"I'm hungry for it," Slaney, thirty, acknowledges. "Maybe that's why I'm still in the sport.

Although I've accomplished a lot of things over the years, for one reason or another the Olympics hasn't been one of them. Now I want to win a gold medal."

In 1972, Slaney's speed would have qualified her for an Olympics berth, but at thirteen, she was too young to take part in the Games. Four years later, she sat out the Olympics because of an injury, and in 1980, the United States boycotted the Olympics to protest the Soviet invasion of Afghanistan. In 1984, Slaney thought, she would finally have her chance. But during the 3,000-meter race, she and a South African runner, Zola Budd, collided.

A behind-the-scenes look at three of our best Olympic hopefuls, and advice from a psychologist on how you can be a winner—both on the field and off

Slaney fell, tearing a muscle, and Budd was escorted from the stadium to loud boos. The incident made international headlines.

But Slaney has suffered other, far less publicized disappointments in the nineteen years she's been running; a series of injuries has forced her to sit on the sidelines for months at a time.

"For me, the biggest obstacle has always been the injuries," she says. "When I

stay healthy enough, I think I can be competitive with the best people in the world." Despite her setbacks, however, Slaney's accomplishments are impressive. She has set five world and twenty-one U.S. records at a variety of distances, and she performs with an ease that is unusual even among world-class athletes.

"Running is just natural for me," she says. "When I run, I feel completely in control; I feel as if this is what I should be doing." In fact, Slaney's love for the sport is so great that she went on her first post-pregnancy run just six days after giving birth to her daughter, Ashley. "I would have gone out the day after (continued)



Happy together: Richard, Mary and Ashley Slaney

Photos from top: D. Kirkland/Sigma. Neal Preston/Outline.

By Jane Farrell

Celebrate

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OKTOBERFEST SAUSAGE

HillshireFest Dinner

Serves 6

- | | | |
|---|--------|--------------------------------|
| 1 to 2 lbs. Hillshire Farm Polska Kielbasa or Smoked Sausage, cut into 4-inch lengths | 2 | 16-oz cans sauerkraut |
| 1 tsp butter or margarine | 1 | cup apple juice |
| 1 medium onion, cut into wedges | 2 | medium apples, cut into wedges |
| | 4 to 6 | medium potatoes, cut in half |
| | | salt and pepper |

Brown sausage in butter in a 1½-quart Dutch oven or large casserole. Arrange onion, sauerkraut, apples, and potatoes around sausage. Top with apple juice; salt and pepper to taste. Cover tightly and simmer over low heat, stirring once, for 30 to 40 minutes or until potatoes test done with a fork. Serve with potato pancakes and applesauce.

Turn your Oktoberfest celebration into a HillshireFest with the hearty flavor of Hillshire Farm Smoked Sausage and Polska Kielbasa.

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WHAT'S HOT THE OLYMPICS

(continued) she was born," she says, laughing, "but the doctor asked me not to. I couldn't wait to start running again."

Slaney admits that the intensity of her post-pregnancy training schedule was a mistake, however, and she's adopted a more moderate regimen to avoid further injuries. "In the past," she says, "when I'd feel a twinge in my leg, I'd keep running, and I'd end up hurting myself worse. But now I take time off to rest. I know when to back off."

In her private life, too, Slaney has found a new perspective. She seems mellower and much less abrasive than she was following her collision with Budd, when she refused an apology from the South African runner by saying curtly, "Don't bother." In 1985 she married Richard Slaney, the British discus thrower who carried her off the field after the accident, and she gave birth to Ashley the following year. Today, the family lives quietly in Eugene, Oregon, where Richard, an aeronautical engineer, has an antique-airplane business. A burly six-foot-seven, he looks after Ashley while Mary goes through her daily workouts.

"Getting married and having the baby has been wonderful," Slaney says. "Richard has really helped me put what happened in 1984 behind me. He's been much more supportive than you can imagine."

When she's not working out, Mary enjoys playing with her daughter, doing needlework, relaxing with her husband in front of the TV and (occasionally) giving in to a craving for chocolate chip cookies. But her Olympic goal is never far from her thoughts, and Slaney hopes that her performance this month will eclipse the memory of her disappointing accident.

"What happened in 1984 was Olympic history," she says quietly. "That's all it was. I don't resent it. I've learned to accept it. But this time around, I want to be on the positive side of Olympic history." And, she hopes, in 1992 as well.



Born to run: Mary shows her winning form. "It's just natural for me," she says



MARY MEAGHER

madame butterfly

Until she set her first world record, at age fourteen, Mary T. Meagher didn't even think about taking part in the Olympics. In fact, the young swimmer had to be told she should go for it. "My coach said, 'There's a meet next year. It's called the Olympics. Why don't we train for it?' I didn't exactly grow up dreaming about the Games." That offhand attitude is typical of the shy twenty-three-year-old, who got her start in the sport by "just following my brother and sisters down to the pool." She won her first meet at the age of six, and a couple of years later, she decided to specialize in the butterfly, the most challenging stroke in swimming. For many swimmers, the stroke, in which the arms are moved simultaneously in a circular motion while the legs are kicked up and down, is difficult to do correctly, let alone at racing speed. But for Meagher, "It just came naturally. I always did it right."

Although Mary T. (so called to distinguish her from her sister, also named Mary) made the Olympic team after setting her first world record, she wasn't able to go to the 1980 Games, because of the United States boycott. But her hard work paid off the next year, with two world records that still stand. The year after that, however, she suffered her first major defeat, at the World Championships. The loss was so demoralizing that it left her unsure at first about taking part in the 1984 Olympics. But Meagher began training hard again—and won three gold medals in the 1984 Games. This year, Meagher decided to try for her third Olympics berth. But she will probably not continue swimming competitively for much longer, and she is honest about the drawbacks of a world-class athlete's life. "It's fun to stay out late and order pizza. But you can't do that if you have to get up at five A.M. to work out. I'm behind in some categories, like socializing." In the next few years, she hopes to travel and perhaps teach. For now, though, she is happy to train and to think about the possibility of another Olympics triumph. "Overall," Meagher says reflectively, "I'm very happy with what I've done."



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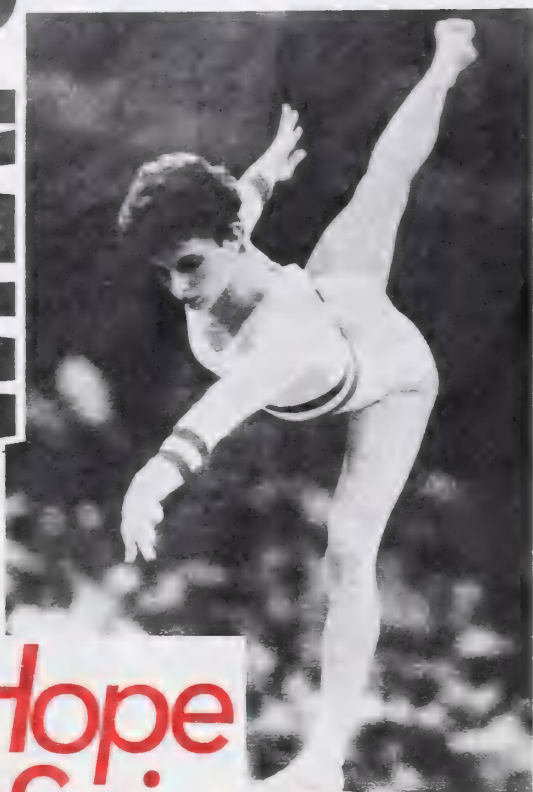
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HOT THE OLYMPICS

WHAT'S



Hope Spivey making the impossible look easy

When she was five years old, Hope Spivey recalls, she watched raptly as the young Romanian gymnast Nadia Comaneci sailed through the air, winning an Olympic gold medal and an unprecedented score of a perfect 10. "I'm going to do that someday," the little girl excitedly told her mother. And she has been as good as her word. Today, the seventeen-year-old is one of the top-ranked contenders in a sport that, perhaps more than any other, prizes youth, grace and the appearance of effortless-ness. But Spivey, a petite four-foot-nine, has had to work hard to make her moves seem easy, and she began at an early age. "By the time I was seven years old, I was practicing two hours a day, three days a week," she says. "And I wanted to practice more."

She began competing when she was ten, placing third in a meet in her home state of Virginia, and quickly moved on to other contests. ("I think kids should start competing as young as possible," she says. "Then it gets easier as they get older.") By

the time she was twelve, Spivey knew what her ultimate goal was. "I wanted to be an Olympian," she says simply. Realizing that she needed far more intensive training than was available in her town of Suffolk, Hope told her parents she wanted to work out with the nationally known Parkettes gymnastics club, which is based in Allentown, Pennsylvania.

But Barbara and David Spivey, reluctant to send their youngest child to live in an unfamiliar town, balked at first.

"My folks lost some sleep over it," Spivey admits. "They were a little bit against it, but ultimately they were very supportive." Barbara Spivey calls the move "a step of faith. It was Hope's decision, because it was Hope's dream. We could have said no to her, but it wouldn't have been right."

Spivey is currently practicing at least five hours a day, refining the skills that she hopes will win her, like Comaneci, a place in the Olympic record books. "I've gotten stronger," Spivey says. "I never thought I would come this far." She pauses and adds shyly, "I guess I'm proud of myself."

WINNING WAYS

Olympic athletes know the importance of psyching themselves up before a big event. Can those techniques work for the rest of us when we're confronting other kinds of challenges—like asking for a raise?

"Yes. Your performance does not just happen," says Herbert Fensterheim, Ph.D., of Cornell University Medical College, in New York City, a psychologist who has worked with Olympic contenders. "You have a great deal of control over whether you perform your best."

To put yourself in a winning frame of mind, Fensterheim, co-author of *Making Life Right When It Feels All Wrong* (Rawson, 1988), suggests, "focus on what you have to do now to maximize your chances of winning the goal. Don't think primarily of the ultimate goal."

You'll also have a better chance of achieving your goal if you think about what problems might occur and decide how you would handle them. If you're asking for a raise, think of every argument your boss might use, and plan your reply. "A top athlete will figure out how to counter her opponent's moves," Fensterheim says. "But a poor athlete will just think, Oh, I'll be helpless." And even after you've thoroughly prepared, don't be surprised if you still feel shaky. "By definition, a challenge has an aspect of fear," Fensterheim says. "But some people become frightened of being frightened. By staying away from situations that make them afraid, they're avoiding the potential for growth."

There are no foolproof methods for winning, of course, and there will be times that you'll lose. But those times do not have to be viewed as total defeats. "We're all going to make mistakes, and we're all going to fall behind," Fensterheim says. "But the knowledge that you handled it well will keep you learning how you can win—the next time."

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This upstate cabin holds no fear for Whitley and Anne Strieber despite the fact that it has been the setting for the most devastating experience of their lives



I had to face the fact that my seven-year-old was not in the house at three-twenty in the morning. There was no possibility that this was a hallucination. My little boy was gone, really gone

A true tale of terror by the author of the phenomenal best-seller "Communion"

TRANSFORMATION

The night of April 2, 1986, was cool and damp in the isolated corner of upstate New York where we have our cabin. My son was on spring break from grade school, and he, my wife, Anne, and I were spending an uneasy week there. It had been bought as a place of peace and relaxation, but it turned out to be something very different.

Beginning in October of the previous year, we'd had a series of terrifying nighttime encounters with what appeared to be aliens. I had been the victim of most of these encounters, and they had all but shattered me.

The beings I encountered weren't the wise and benevolent creatures that films like *Close Encounters* might have led one to expect. They were absolutely devastating, and they kept coming back. *(continued)*

From TRANSFORMATION: THE BREAKTHROUGH, by Whitley Strieber. Copyright © 1988 by Wilson and Neff, Inc. Reprinted by permission of William Morrow & Co., Inc.

By Whitley Strieber



1991 Mrs. Herbert Foster volunteered
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continued

We had told our son, Andrew, very little about what was happening. Our worst horror was that he would get dragged into the business. Were we wrong to take him back to the cabin? We didn't know. Society could offer us

In the middle of the night I was disturbed by what felt like somebody giving me a sharp jab to my left shoulder. I woke up instantly and knew this was no hallucinatory condition, no persisting dream. Because of my experiences with the aliens, I'd undergone an exhaustive series of medical and psychological tests that had proved me healthy and sane. Because of all this, I'd learned a lot about psychological states. I knew for a fact that I was

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and going through the (contin



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■ TRANSFORMATION continued

woods to the tent was the last thing I could imagine him doing. Even though he'd been told little about the visitors, he was very nervous after dark.

I started toward the road. Above me there was quite a broad expanse of sky, and as I hurried along I noticed something moving there.

I stopped and looked up, confused by this suggestion of motion where there shouldn't be any. What I saw was absolutely stunning. A cold shock went through my body, and my heart started running in my chest. In that instant I was swept from the real world and back into the fearsome strangeness that had been assaulting us.

What I saw in the sky, apparently no more than a few hundred feet above treetop level, was a gigantic blackness. It covered easily a third of the firmament, blotting out the stars. The movement I had detected was the prick of stars winking in and out of the border of the thing. It seemed to move as I moved, as if it were directly linked to my motions.

Suddenly I heard a voice speaking to me, clear in the silence: "Can you go back upstairs by yourself, or do you want us to help you?"

It wasn't overly loud, but it shattered the quiet. I stopped, frightened, not sure where it had come from. On the far side of the road I saw three dark shapes hanging above the brush. They were blocky and small, as if covered by black or dark-blue sheets. That voice had been so final, so absolutely authoritative and so implacable. Suddenly I realized what was happening: There was a gigantic unknown object up there, and my son must be in it. I had interrupted the visitors in the middle of one of their abductions.

A fearful shuddering passed through me from head to toe. My whole body shook. I was losing control. A band of pain went around my chest; I could hear the blood pounding in my head. I'd never felt anything like it. I was filled with an inexpressible sadness. I wanted to just stand there and scream. Then I noticed that the stars were coming out all around the object in the sky. It seemed to be shrinking.

This observation relieved me. Maybe I was, after all, dealing with a waking dream. Of course, that's what it was. It must be that: a horrible, insane waking dream. Then, after disappearing completely, the object suddenly reappeared as a flat yellow disk about half the size of a dime. Its glow took on a faint pink tint and it darted off to the

north, streaking like a meteor.

I understood that it hadn't shrinking at all. It had been going very quickly and in absolute silence.

I have never felt so helpless or lonely as I did at that moment. I repeated their question, and I thought they may have floated a little closer to me. I was furious and totally impatient. I did not think that I would ever see my son again. And how in God's name would I explain to his mother what had happened to him, or to the sheriff or to anybody?

I walked back. It was like ascending a gallows. My legs were heavy, shaky and strange. But I kept walking straight. I did not want to show fear that I felt. I didn't want to alarm them and possibly place my son in even greater jeopardy.

I went back to the house. The glow of Andrew's night-light illuminated the windows of his room.

Where in hell was my child?

Remembering what they had urged me to do, I marched upstairs like a soldier. I was perishing inside. I got over to the bed and sat down on it.

I sensed that they were in the room with me, but that didn't seem to matter. I might as well have been paralyzed for all the control I had over myself. This was a (continued on page

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When you've got a kid
with four feet,



By the time breakfast was over, I had decided that the events of the night before had been nothing more than a nightmare brought on by the state of disquiet I was in.

It was a warm day, and Anne and I took folding chairs out onto the deck that afternoon. We both began reading novels and enjoying the sun. Andrew was playing near with his toy trucks when I noticed that things were changing in an odd way. As I listened, I realized that the birds had stopped, the insects had stopped, even a chainsaw roaring in the distance had been shut down. I turned to Anne and said, "Listen. It's so quiet." She was staring at her book with a curious expression on her face, almost as if her eyes were seeing nothing. She did not reply. My son had also stopped moving. He was crouching over his toy trucks and not making a sound.

Then, as softly as it had departed, the life of the world returned. First one bird started cheeping, and the whole ragged April chorus followed.

My boy made a sound like a train whistle, a long, high tone that seemed to reach right to the center of my head. Then he grew tired of his game and came to me.

"Whatcha reading?"

"A book about America in the nineteenth century called *Dream West*."

"*Dream West*?"

"Yes."

"You know, I've been thinking. Reality is God's dream. I looked at him. Reality is God's dream?"

"What happens if God wakes up?" I asked.

He stared at me for a moment with an almost quizzical expression on his face, then burst out laughing.

Later Andrew said, "The unconscious mind is like the universe out beyond the quasars. It's a place we want to go to find out what's there."

(continued)

■ TRANSFORMATION

continued from page 110

a subtle thing, though. It was just that I was walking across a room, going to bed, when alarms were screaming in my mind that something had happened to my child. It was as if somebody else were controlling my body. And yet I did not feel as though I were struggling.

I threw off my robe and slippers, lay down in bed and felt the most wonderful sensation of warmth spread over my body. Helplessly, I was swept off into a dreamless, black sleep.

When I woke up it was light outside. I opened my eyes. Birds were singing, and I could see the hazy green of new growth on the trees near the windows.

At first I had the feeling that one gets upon waking from a nightmare and realizing that all is well. The morning seemed fresh and good and full of promise.

But that lasted for only a few seconds. Memories of the night came flooding back. I felt sure I was about to go downstairs to an empty house.

I couldn't move a muscle. Beside me Anne was breathing softly. I felt so terrible for bringing her and our son back to this house at the edge of hell.

A small sound came from downstairs. At first I couldn't believe my ears, then I heard the *pad pad pad* of my son's footsteps. He was coming to our bed, just like he had every morning since he could escape from his crib!

Was this true? Was it possible?

He burst through the door with his stuffed dog, Puppy, under his arm and a wide grin on his face.

I couldn't talk, I couldn't move. The tears were pouring down my face. But he didn't notice that. He dove into the bed and snuggled down between us.

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■ TRANSFORMATION continued

We were out on the deck together just after sunset. Andrew looked toward the woods. "Y'know, I had a funny dream last night. I dreamed I was floating in the woods, and this huge eye was looking down at me. It was funny. It was like it was real, but it was a dream." He looked at the shadows, some of them already deep. "Wasn't it a dream, Dad?"

"What do you want to think?"

"I want to think—a dream."

"That sounds good to me, then." Like so many of us, he had chosen to protect himself from the reality of the visitors by calling them a dream. So be it.

Inside, I wanted to cry. And yet, and yet . . . his thoughts were so beautiful, and hearing them from the lips of a child was one of the most ineffable experiences I have ever had.

Reality is God's dream. And what does lie beyond the quansars? I stood with my little boy, and it was as if I could feel the old car rolling toward night. Our woods, our sky were dropping their disguise of light. The first stars were steady, hard points.

I wondered what it was like at this moment beyond the quansars. What is there? What is really there?

Anne Strieber: Her husband and her son have amazing experiences with "the visitors." How does this wife and mother feel about her family's encounters?

MY STORY

LHJ: What have been your own experiences at the cabin concerning the visitors?

Anne: I've heard noises that Whitley says he recognizes as the noises the visitors make. I've seen lights come by the house on nights when people have had visitor experiences. In fact, several times I've said to Whitley, "They're coming." And what do you know, the next morning when we wake up, whoever our weekend houseguest was says, "You know, I had a very interesting dream last night." Then he or she may start to tell us all sorts of familiar things.

LHJ: Certainly there are people who don't believe your husband's story. How does that make you feel?

Anne: I understand these people, because I used to laugh about UFOs; I used to think it was ridiculous. I understand why someone would say, "How could this

be true?" The only reason I do feel this is happening is not just because it happened to Whitley and Andrew because I've corresponded with so many people to whom it's happening. I read letters from and met so many sober, ordinary people who have these experiences that I have no choice but to believe what they are saying.

LHJ: What has your son told you about his startling encounter?

Anne: He remembers being taken to the cabin in the middle of the night. What reminded him of "little doctors." He remembers seeing strange, strange writing. He also saw things other people have described. This is almost always true—that people see things that other people, whom they have never met and couldn't know about, also see. That's why we know that this is some kind of real experience.

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J: After your son's abduction, how can you return to the cabin?

ne: I'm not afraid to keep going back. The cabin is my favorite place in the world. Some people think that it's kind of like the Amityville Horror or something that has to do with the house. Of course, it isn't; the visitor phenomenon follows people throughout their whole lives. You can't run away from them.

J: How has the visitor experience affected your son emotionally?

ne: I think my son is very special and very lucky because he didn't have to feel that we were laughing at him and not loving him. He is growing up in a unique situation, yet he is like the rest of the individuals who have had experiences. He puts them out of his daily life. It doesn't go around and talk about him with many people. In his own way, he is still an ordinary kid who likes to read *MAD* magazine.

J: Have his relationships with other children been affected?

ne: I think he takes a broader view of life. The petty quarrels of everyday existence don't affect him as deeply. He is

very sensitive to injustices done to others; he can't understand why some kids make fun of other kids or point out their differences when the truth is that everyone is so alike.

LHJ: Have the visitations affected your marriage in any way?

Anne: When Whitley was so troubled by his memories before he found out what was causing them, we were having terrific fights and great unhappiness. Neither my son nor I could figure out what was wrong with Whitley and why he had such sadness. Everyone expected that when he finally came to me and said, "Well, I've been hypnotized and this is what I remember..." I would have been terrified. Actually, I was quite relieved and grateful that the problems didn't originate with me or our son.

We get hundreds of letters from men and women who tell us that that they have kept their experiences a secret. I understand their concerns and their sadness all too well. What causes a husband or wife to reject the reality of their spouse's experience is fear: They are terrified that the world might be different from the way they see it. We all try to get our lives in order and under control, and when this idea of visitors comes into your life, everything is turned upside down.

LHJ: Why do you think the visitors have decided to come here?

Anne: I think we have a lot of exploring to do before we find out their exact purpose. But I do know that they help people individually to grow. Many people who have had visitor experiences have changed their entire outlook on life, have become more open-minded. I think their realization that there is more to life than just the ground we are standing on, than just our everyday existence, is what is so magical.

LHJ: Do you have any desire to be taken by the visitors yourself?

Anne: At this point, I *am* interested in getting to know the visitors in a more direct way, in having an experience. At first I wouldn't have said that because it was enough for me to cope with Whitley's and Andrew's experiences and those of thousands of others. Currently, I'm learning about what I might need to do inside myself to be more open to the idea of visitors. I have to find out in what ways I am afraid, in what ways overcontrolled, perhaps, and too wedded to everyday life. I think that if I take this journey inside myself, I may be able to help other people to take it, too. —BARBARA CLAYMAN



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Stonestown Galleria
San Leandro: Joyce-Selby Shoes

Bayfair Mall
San Luis Obispo: Charles Shoes
Santa Barbara: Michel Levy

Santa Monica: Henshey's
Seal Beach: Bodell Shoes
Stockton: Joyce-Selby Shoes
Weberstown Mall

Tarzana: Chic Wide Shoes
Vallejo: Higgins Shoes Co.
Ventura: Rain's Shoes
Visalia: Brown's Shoe Fit Co.
Walnut Creek: Joyce-Selby Shoes

Broadway Plaza Shopping Center
Watsonville: John's
Westminster: Salomons Wide Shoes

HAWAII

Aiea: Joyce-Selby Shoes
Pearl Ridge Shopping Center
Honolulu: Joyce-Selby Shoes

Ala Moana Mall

IDAHO

Lewiston: Paulucci's Shoes

NEVADA

Las Vegas: Joyce-Selby Shoes
Fashion Show Mall
Joyce-Selby Shoes

Meadows Mall

OREGON

Eugene: Nelson's Footwear
Medford: Norris Shoes
Portland: Jay's Wide Shoes
& Branch Stores

Salem: The Shoe Tree

WASHINGTON

Bellevue: Joyce-Selby Shoes
Bellevue Square

THE LHJ ROPER POLL

of the American woman

How much have the changing rules of sexual behavior affected our attitudes? We asked women to tell us their feelings about premarital relationships, sex in marriage, and infidelity—with some surprising results

sex within and without MARRIAGE

How important is sex to a marriage?

A solid majority (57 percent) felt that though sex is a basic part of marriage, other signs of affection, such as hugging and kissing are more important. Eighteen percent said that sex is important early on in a marriage, less so in later years. Eleven percent said sex is the most important aspect of a marriage; 4 percent thought sex isn't important at all.



Infidelity onscreen: Fatal Attraction and Dallas feature torrid affairs

How much sexual experience is appropriate before marriage?

The less the better, said our respondents. Women over forty-five were most likely to favor premarital virginity for both women and men, while women under thirty thought it's acceptable for either gender to have sex in a committed relationship.

WHAT SHOULD A WIFE DO IF SHE LEARNS HER HUSBAND HAS BEEN CHEATING ON HER?

Seeing a counselor should come before seeing a lawyer, replied our respondents. Here's their advice for the wife:

- Tell him she knows, and insist on counseling for both (45%)
- Demand that he stop (18%)
- Divorce him (11%)
- Separate for a while (7%)
- Do and say nothing (4%)
- Have an affair herself (1%)

A woman should:

- Have no sex before marriage (40%)
- Have sex only with someone she plans to marry (27%)
- Have sex with someone she loves but might not marry (16%)
- Have sex with someone she knows well (4%)
- Have sex with anyone she wants (3%)

A man should:

- Have no sex before marriage (33%)
- Have sex only with someone he plans to marry (24%)
- Have sex with someone he loves but might not marry (19%)
- Have sex with someone he knows well (5%)
- Have sex with anyone he wants (5%)

Do couples who live together before the wedding have a better chance of a successful marriage than those who don't?

No, said 59 percent. Small-town women and women over forty-five felt most strongly. Twenty-five percent said cohabitation can help a marriage (the younger the respondent, the more likely to agree).

Do you have a question you'd like asked in our ongoing survey of the American woman? Send it on a postcard to: Roper Questions, LHJ, 100 Park Avenue, New York, NY 10017.

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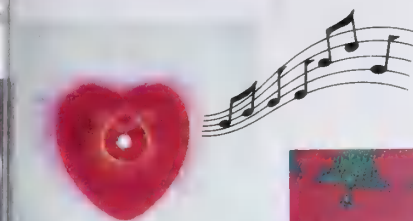
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why men don't hear what women say

an interview with Aaron T. Beck, M.D.

Lack of communication is the number-one problem in marriage. Here's advice from a top expert to start you and your man really talking

communication breakdown

Below is a list of conversational habits that may cause problems between couples. In the first column check the behaviors your partner uses with you. Number from one to three to indicate "never," "sometimes" or "usually." In the second column, indicate how much the problem bothers you. In the third column check the behavior you use with your partner. Your partner should also complete the questionnaire. This list will help you pinpoint difficulties and make improvements by following Dr. Beck's advice.

HABIT	YOUR SPOUSE WITH YOU	THIS BOTHERS ME	YOU WITH YOUR SPOUSE
Doesn't listen			
Talks too much			
Doesn't talk enough			
Interrupts			
Never gets to the point			
Won't discuss touchy subjects			
Overdiscusses touchy subjects			
Asks too many questions			
Doesn't ask enough questions			
Withdraws when upset			

Q

When it comes to communicating, what do you find is the most serious problem couples have today?

A

The most frequent problem is misinterpretation and misunderstanding. And several factors lead to that. First of all, a lot of people are really rather inadequate in the way they express themselves. They talk around the topic and never get to the point. Or they are so brief that their partner can't figure out what they're saying. Others are very (continued)

Dr. Beck, professor of psychiatry at the University of Pennsylvania, is recognized as the father of cognitive therapy, a school of psychology that involves learning new thought processes to solve problems. He is considered one of the most influential psychotherapists today. Married for thirty-eight years, he has four children and seven grandchildren. His new book, *Love Is Never Enough*, will be published this month by Harper & Row.

Excerpted from the book *LOVE IS NEVER ENOUGH* by Aaron T. Beck, M.D., to be published in October by Harper & Row. Copyright © 1988 by Aaron T. Beck, M.D. All rights reserved. Arrangement with Harper & Row Publishers.

By Mary Lou Mullen



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(continued) abstract in what they say or use too many generalizations.

Can you give us an example?

The wife might complain, "You never come home on time." Or, "You never help around the house." But she doesn't get to the specifics of what she wants. She is really just expressing her *feeling* of dissatisfaction. Or a husband may complain, "You never show that you care for me." He is really annoyed that she is not being very responsive to him sexually—this is a very concrete complaint. But he presents it so broadly. And then she responds, "I make the meals, I take care of the children. I have a full-time job. I still do nearly 100 percent of the housework. Doesn't that show caring?"

So each has trouble understanding the other?

Yes, the message is unclear. And then on top of that, as the marriage goes on, people shift from self-sacrifice to selfishness. This usually happens after the birth of a child or when they start to run into money problems. This change marks the beginning of the vicious circle: Strain interferes with communication. Poor communication leads to misunderstanding. Misunderstanding leads to anger. Anger interferes with communication again, and this leads to enormous misunderstanding. At this stage of the marriage, husbands and wives often have a hidden message in their communications. And the defensive spouse may be reacting to the hidden message rather than to the overt message.

What sort of hidden message?

Well, again, the wife may say, "I wish you would take out the garbage today." Unfortunately, she is likely to put this in the form of a complaint rather than a request. The hidden message (and the one that she is really communicating) is that "you never do things that you are supposed to do." And he reacts to that hidden complaint, usually with anger.

Why do men tune out when women start talking, especially about important things, such as problems with the marriage itself or about the kids?

Men have a hard time when it comes to talking about emotional things. And when women start talking about problems, men don't really know how to handle it. A man may start giving practical advice, but that may not be what the woman wants.

What would she want instead?

Understanding, sympathy, expressions of concern. Men have not had much practice at that. Most men have had no role models for communicating emotions, and certainly in their own friendships they very rarely talk about feelings. Also, the problem at hand may be about something that can get their *own* emotions stirred up, and they don't know how to handle that either. The easiest thing for them is just to tune out.

Many men seem to feel threatened and intimidated when their wives ask them questions. Why is that true?

Well, you have to understand one difference between boys and girls, which is that boys tend to be much more sensitive to their mother's scolding. And in gen-

eral, boys get more scoldings than girls.

When mothers ask boys questions, it is

often in the form of a reproach. So boys become sensitized to questioning at an early age.

The other thing is that there is often a past history in a marriage where even simple questions had a sharp edge to them, an edge of complaining or chiding. And so even when a question is innocent, the husband may react irritably because of past experiences.

Why do men have trouble sharing their feelings?

They have had no practice at it. Little girls usually have some type of confidant, a friend or a small circle of friends with whom they have had a lot of practice sharing feelings.

Why don't men seem to want to talk about problems?

A woman's viewpoint is "As long as you can talk about problems, the marriage is working." A man's viewpoint is "As long as you have to talk about problems, the marriage isn't working." That about sums it up.

You say in your book that men and women listen differently.

What exactly do you mean?

Women show many more listening signals. They say, yes, uh-huh, mm-hmm, and they show many facial expressions while they listen. They are always communicating signals that they are interested, that they care, that what you say is important. Men usually don't do that. Their faces are more or less passive. It looks as though they are not interested. So when a wife says, "You are not listening," and her husband says, "I can repeat back to you every word you said," that doesn't cut the ice with her. What she really means is "You are not interested in what I am saying. You don't seem involved." But a man can be actively listening even if it doesn't appear that way.

Who interrupts more?

Men. And men are often accused of dominating a conversation by talking too much. The man will say, "Well, I am talking and I stop and you don't say anything." But the woman is concerned about interrupting. Women have a tendency to wait before they will pick up on a question or a statement, but by then, the men, not getting signals that she wants to talk, will tend to keep on talking. So the man doesn't interrupt so much as he doesn't give her a chance to squeeze in a comment. Boys have a habit of interrupting each other. In fact, they both can be talking about different things at the same time, and they can still hear each other. When a man starts to do that with his wife, the parallel speaking tends to turn her off and she feels interrupted.

In whom do men confide most? Anyone?

If men confide at all, it's in their wives. In fact, they consider their wives their best friends. Whereas the wives usually have a best friend whom they confide in. It may be their mother or sister, but it is usually not the husband.

Is it a danger signal if a man stops confiding in his wife?

If he stops talking about problems at the office, if everything is happy and fine, he's probably found another confidant. And that is usually the first step to an extramarital affair.

(continued)

"A man's view is 'As long as you have to talk about problems, the marriage isn't working.'"



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■ WHY MEN DON'T HEAR continued

His wife may be so bogged down with her problems that she is worn out and not as responsive and understanding as she might otherwise be. She may also have a lot of legitimate complaints against him. If the husband finds a confidant in another woman who will listen to him and won't complain or chide or reproach him, he sees it as pure sympathetic support. So this relationship begins as just a supportive friendship.

Then what happens?

The next thing he will confide after he

talks about his specific problem is his complaints about his wife. That's number two. And once that starts, this other woman becomes his ally. In a sense it is he and she against the wife. I think a lot of extramarital affairs do not begin with a strong intention to be unfaithful. A man first finds another woman to talk to.

What three things can a wife say to get her husband to open up?

The first thing you have to find is the right environment for opening up. It could be over a drink after the kids are in bed, or out at a restaurant, away from the turmoil of home. Another way might be taking a long drive to-

gether just to talk things over.

After finding the right place, a good way to get him to open up is through skillful use of questioning. The wife asks, "How was your day?" and her husband will say, "Okay, the same as usual" or some other conversational stopper. She could ask a more specific question such as "What happened today at work?" and then he might answer in some detail or he still might say "nothing much." And then she could say, "You told me you were going to present the project to your boss today. What happened?" Obviously what you're doing here is becoming more and more specific. And the more specific you get, the more likely he is to come out with something.

A third way to get him to open up would be to share your own experience of a similar nature. Say his presentation was turned down. You can talk about feelings and then add some bit of empathetic story of your own. Using that as an example, he might latch on and say something more.

What three things can a wife do to get him to listen to her?

Again, the environment has to be good. Second, depending on the nature of the relationship, you might say to him, "I don't have the sense that you are really tuned in. I know that you are hearing the words, but I am sure that you are really hearing what I am trying to tell you." So you can try to coach him a little bit. Finally, if he does seem to be listening, you can encourage him, say, "You know, I feel good when I feel you are really listening to me." This kind of positive reinforcement may seem a little artificial, but it is very effective.

What are the worst things a woman can say when she wants to have an intimate conversation?

Saying anything that is going to make him feel inadequate or inferior is a mistake. If a man gets a sense that you really are a poor communicator, he is likely to clam up even more. It is much better to present your request in a positive way. Also be sure to differentiate a nice intimate conversation from a problem-solving session. What often happens is a wife, once she has established a good rapport with her husband, will think this is the perfect time to start talking about whatever problems there might be. Of course then the husband immediately starts talking. He'll say, "Whenever we are having a pleasant conversation, I always bring problems into it." That is the end of the intimate conversation. Instead, reserve specific problem-solving times, and try to keep your conversation time happy. Isn't that the point?

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American Examples

menu

Cream Puree Spicy Lentil Soup*

**Smoked Duck Salad
on Toasted Spicy Brioche***

**Shrimp Creole* with hot
cooked rice**

Green salad

Crusty bread

Palm Beach Drawings*

Banana Republic*

**recipe given*

Jeremiah Tower, Stars, San Francisco

Jeremiah was educated in England, but that hasn't stopped him from devoting himself to American cuisine. He started his cooking career with Alice Waters at her famed Chez Panisse restaurant in Berkeley, California.

CREAM PUREE SPICY LENTIL SOUP

The swirl of tomato-mint adds refreshing taste and color to the lentil soup.

Prep time: 15 minutes

Cooking time: 50 to 60 minutes

- 1 cup lentils, washed and drained**
- ¼ pound cooked ham scraps**
- 1 bouquet garni**
- 4 garlic cloves**
- 1 small dried or fresh chili**
- ½ teaspoon ancho chili powder, divided**
- ½ teaspoon cumin, divided**
- 1 cup crème fraîche or sour cream**
- Salt and freshly ground pepper**
- Tomato-Mint Cream (recipe follows)**

In saucepan combine lentils, ham, bouquet garni, garlic, chili and ¼ teaspoon each chili powder and cumin with water to cover. Simmer over medium-low heat until lentils are tender about 45 minutes.

Drain lentils; reserve liquid and discard

bouquet garni. In food processor puree with 1 cup reserved liquid. Transfer puree to a clean saucepan. Add remaining spices and liquid, and crème fraîche or cream. Heat to a simmer. (Do not boil.) Season with salt and pepper. Serve hot. Tomato-Mint Cream. Makes 6 cups.

Nutrition information per cup: Without Tomato-Mint Cream, 230 calories, 10 gm fat, 15 gm protein, 21 gm carbohydrates, 314 mg sodium, 2 mg cholesterol.

TOMATO-MINT CREAM

Prep time: 15 minutes

Cooking time: 10 minutes

2 tomatoes, peeled, seeded and chopped

½ cup sour cream

1 teaspoon chopped fresh mint

Salt and freshly ground pepper

In skillet cook tomato over medium heat, stirring, until most of the liquid is evaporated. Transfer to food processor and puree.

In small bowl combine tomato puree, sour cream and mint. Season with salt and pepper. Cover and refrigerate until ready to use. Makes ¾ cup.

Nutrition information per tablespoon: 25 calories, 2 gm fat, .5 gm protein, 1 gm carbohydrates, 1 mg sodium, 4 mg cholesterol.

Stephan Pyles, Routh Street Café, Dallas

Stephan started in the food business early at his dad's restaurant. After a detour as a music student, he was lured back to cooking by a trip to France. He raises Southwestern cuisine to the level of art. (continued)

a legacy of service

President Franklin D. Roosevelt established the March of Dimes in 1938 as the National Foundation for Infantile Paralysis. Comedian Eddie Cantor coined the phrase "March of Dimes," and the name became synonymous with the foundation.

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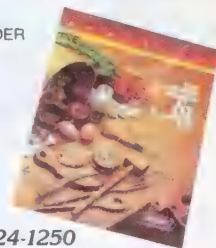
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COOKING FOR TODAY

continued

SMOKED DUCK SALAD ON TOASTED BRIOCHE

Stephan smoked the duck in Dallas and brought it to the party. You can get your duck at a gourmet food store.

Prep time: 55 minutes

Salad

- 1 cup (about 6 oz.) diced smoked duck breast
- 3 tablespoons blanched baby peas
- 3 tablespoons diced mango
- 2 tablespoons diced grapes
- 2 tablespoons diced jicama
- 1 tablespoon diced red pepper
- 1 tablespoon diced yellow pepper
- 1 tablespoon diced carrot
- 1 tablespoon diced chives
- 1/4 cup roasted pine nuts

Mayonnaise

- 1 egg yolk
- 1/4 teaspoon salt
- Juice of 1/2 lemon
- 1 shallot, diced
- 2 tablespoons chopped fresh chives

- 1 teaspoon chopped fresh chives
- 1 teaspoon chopped parsley
- 1/2 cup olive oil
- 1/2 cup salad oil

- Salt and freshly ground pepper
- 8 slices brioche or challah bread, toasted

Salad: In bowl combine all ingredients.

Mayonnaise: In mixer bowl combine first 7 ingredients; whisk until blended. In measuring cup combine oils; gradually drizzle into bowl, whisking constantly. After all the oil is incorporated, whisk 15 seconds more.

Fold 1/3 cup mayonnaise into salad. Season with salt and pepper. (Reserve remaining mayonnaise for another use.) Spoon 1/2 cup salad on each of 4 toast slices. Top with remaining toast. Makes 4 sandwiches.

Nutritional information per serving: 805 calories, 68 gm fat, 15 gm protein, 37 gm carbohydrates, 790 mg sodium, 97 mg cholesterol.

Paul Prudhomme,
K-Paul's, New Orleans

Chef Paul is the man who took Cajun cook-

ing out of Louisiana and made it popular across the country. If you went to his restaurant you might stand for an hour to get in. Make this at home and skip the wait.

SHRIMP CREOLE

This recipe yields a truly hot dish; best for the timid to add the smallest amounts of pepper at first, then more as you dare!

Prep time: 30 minutes

Cooking time: 1 hour

- 1/4 cup chicken fat or lard
- 2 1/2 cups finely chopped onions, divided
- 1 3/4 cups finely chopped celery
- 1 1/2 cups finely chopped green peppers
- 1/4 cup unsalted butter
- 2 teaspoons minced garlic
- 1 bay leaf
- 2 teaspoons salt
- 3/4 to 1 1/2 teaspoons white pepper

(continued on P. 1)

Is your face paying the price of success?



You work hard at work, you work hard at home. You're under a lot of pressure.

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WOMEN GETTING AHEAD

by Shirley Sloan Fader

Q I've been offered a job by a company that hires people to work at home on a portable computer terminal they send you. Is this kind of arrangement legitimate?

A As a rule, you should always research a potential employer. The new work system you're describing is—in general—an often profitable situation called telecommuting. Many women find it ideal for combining family and career responsibilities. However, it's not a total solution. Surveys indicate that mothers of schoolers often discover that to maintain adequate productivity they must hire child-care help. People seem to have two separate—and strong—reactions to telecommuting. Some are happy to escape the daily travel to the office, and they love being able to schedule their own work hours. Others abandon telecommuting very quickly because they feel too lonely without the social interaction that usually comes with a job.

Q How important is it to invest money in having my résumé typeset? Does it give me an edge with prospective employers?

A On the contrary, many experts, including the Administrative Management Society's Manager's CareerLetter, advise against it. Investing in typesetting for a résumé immediately tells employers that you've sent out a mass mailing—why would you spend the money for typesetting? You can obtain fine results with dot-matrix printing from a good quick printer. Quality photocopying with good-grade paper is another fine alternative. The photocopying approach gives you flexibility to make small changes as you adapt your résumé to various employment opportunities. Your goal at every step is to look at it as the interviewer-employer will. Your finished product should be neat, well-organized résumé that makes your credentials clear.

Sloan Fader is an expert on workplace problems and solutions and the changing roles of women.

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Dial toll-free 800-245-9to5 for a new service that offers you immediate and knowledgeable job advice on problems of discrimination, health and safety, sexual harassment, even getting promotions and the pay increases you deserve. Run by 9to5, the national association of working women, the hotline operates between two and five P.M. Eastern time weekdays. You can also receive without cost a twenty-page booklet, The New 9to5 Office Worker Survival Guide. It includes ideas on negotiating for child care and for raises; a quiz, "Do you know your rights?"; information on computers and pregnancy concerns, and much more. Write 9to5, Dept. L, Box 14567, Cleveland, OH 44114.

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Wendy Vitolo, TV Producer



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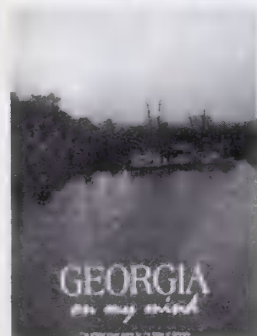


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COOKING FOR TODAY

continued from P.S. 4

½ to 1 teaspoon ground red pepper
¼ to ¾ teaspoon freshly ground black pepper

¾ to 1½ teaspoons red pepper sauce

1 tablespoon thyme
1½ teaspoons basil
2½ cups clam juice, divided
3 cups peeled, seeded and chopped tomatoes

1½ cups tomato sauce
2 teaspoons sugar
2 pounds large shrimp, peeled and deveined

In large saucepan heat chicken fat or lard over high heat. Add 1 cup onions and cook, stirring frequently, until onions are deep brown, about 5 minutes. (Do not burn.)

Add remaining 1½ cups onions, celery, green peppers and butter. Cook over high heat, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Add garlic, bay leaf, salt and peppers; stir well. Add red pepper sauce, thyme, basil and ½ cup clam juice. Cook over medium heat 5 min-

utes, stirring occasionally and scraping bottom of pan. Reduce heat; add tomatoes and simmer 10 minutes, stirring and scraping pan bottom. Stir in tomato sauce and simmer 5 minutes more, stirring. Add remaining 2 cups clam juice and the sugar; simmer 15 minutes, stirring occasionally. Skim fat from sauce and discard. Add shrimp and simmer just until shrimp turn pink, about 5 minutes. Discard bay leaf. Serve over rice in soup plates. Makes 10 cups.

Nutrition information per cup: Without rice, 215 calories, 11 gm fat, 17 gm protein, 12 gm carbohydrates, 939 mg sodium, 129 mg cholesterol.

Maida Heatter

Maida's credentials are simple: Just call her the doyenne of desserts. Her encyclopedic cookbooks are classics worth owning.

PALM BEACH BROWNIES

Maida's fantasy is to sell these brownies from a classy pushcart in front of Tiffany's in New York City.

Prep time: 25 minutes

Cooking time: 35 minutes

⅓ cup fine dry bread crumbs
3½ tablespoons unsweetened cocoa powder, divided
8 ounces unsweetened chocolate
1 cup unsalted butter
5 eggs
¼ teaspoon salt
2 teaspoons vanilla extract
2½ tablespoons instant espresso or instant coffee
3¾ cups sugar
1½ cups sifted all-purpose flour
2 cups chopped walnuts

Adjust oven rack to lowest position. Preheat oven to 425°F. In small bowl combine bread crumbs with 1 tablespoon cocoa. Butter 13x9-inch baking pan; sprinkle with bread crumb mixture, shaking out excess.

In saucepan melt chocolate and butter over low heat, stirring until smooth. Remove from heat and set aside.

Meanwhile, in bowl beat eggs with vanilla, espresso, remaining 1½ tablespoons cocoa and the sugar at high speed 10 minutes. Add chocolate mixture and beat at medium speed, scraping bowl with a rubber spatula just until mixed. Add flour and beat until mixed. Fold in walnuts. Pour batter into prepared pan. Bake 35 minutes, rotating pan front to back halfway through baking. If necessary, cover top with foil during last 10 minutes to prevent overbrowning. (Cake will have a thick crisp crust on top, but a toothpick inserted in the center should come out wet.) Cool on a wire rack 1 hour. Remove from pan and cool completely. Cover with plastic wrap; refrigerate several hours or overnight. Makes 64 brownies.

Nutrition information per brownie: 135 calories, 11 gm fat, 2 gm protein, 16 gm carbohydrates, 1 gm sodium, 29 mg cholesterol.

Lionel Braun

Lionel is the author of The Drink Directory. He creates a new drink for each Mardi Gras gala he attends.

"BANANA REPUBLIC" DESSERT DRINK

Take a quick trip to the islands with this tropical-tasting treat.

Prep time: 5 minutes

1 pint vanilla ice cream, softened
½ cup banana-cream liqueur, chilled
2 teaspoons grated coconut

In blender puree ice cream and liqueur. Spoon into 4 chilled glasses. Sprinkle each with ½ teaspoon coconut. Makes 4 servings.

Nutrition information per serving: 220 calories, 11 gm fat, 2 gm protein, 25 gm carbohydrates, 1 gm sodium, 30 mg cholesterol.

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just a little child now. He's a big
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ANNE TYLER

A N O V E L

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and suddenly you're
telling her things you
wouldn't admit to
your best friend?
Then you're sure to
recognize Maggie in
this slice-of-life
excerpt from the new
best-seller by the
author of *The
Accidental Tourist*

Now, according to the map," Ira said, "we could stay on Route One. Serena had us cutting off at Oxford, if I heard you right, but . . . Check it for me, will you?"

Maggie took the map from the seat between them and opened it, one square at a time. She was hoping not to have to spread it out completely. Ira would get her for refolding it wrong. "Oxford," she said. "Is that in Maryland or Pennsylvania?"

"It's in Pennsylvania, Maggie. Where Highway Ten leads off to the north."

"Well, then! I distinctly remember she told us to take that."

"Yes, but if we . . . Have you been listening to a word I say? If we stayed on Route One, see, we could make better time, and I think there's a cutoff further up that would bring us directly to Deer Lick." (continued on page 133)

■ Anne Tyler was born in 1941 and graduated at nineteen from Duke University. Her last book, *The Accidental Tourist*, won the National Book Critics Circle Award for fiction. *Breathing Lessons* is Miss Tyler's eleventh novel. She and her husband, Taghi Modarressi, live in Baltimore with their two daughters.

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By Anne Tyler



ADVERTISEMENT

The last rays of setting sun danced across the glimmering countertops in the Delta Plantation kitchen. Susan squinted in the golden light, as she reached out to lower the blinds. Clutching her bottle of Fantastik, she began spraying the dirty stove top. As she briskly wiped away the spatters of dried spaghetti sauce she'd dripped on the

bered the excitement she had felt. He would be here any moment. Tall with dark tousled hair, a Roman nose which he said was too big, but was actually perfectly suited for his large brown eyes. Eyes that seemed to absorb every inch of her beauty. Her beauty. She'd never felt it existed until Francisco came into her life. She thought about their first meeting. She had heard the doorbell and glanced through the foyer window, where he stood gazing in awe at the white columns of the sprawling porch,

the ancient Magnolia trees, and the huge green lawn of Delta. She opened the door uncautiously as if she instinctively trusted him. "Hi," she said uncharacteristically casual to a total stranger. "Hi. I'm here to deliver some packages to Mr. Conrad Effingham." His smile seemed to cut through any pretense or formality. It was a genuine smile. The kind that makes a stranger not a stranger anymore. She glanced out to the circular driveway where his green delivery truck was parked. She hadn't noticed it, or his green work shirt with the name "Francisco" stitched over his right pocket. She had only now been able to pull her eyes from his striking face. "This place is beautiful," he said.

"I've seen it from the main road many times, but never came through the entrance." Then he looked directly at her, his gaze drifting from her long thick red hair, to her bright green eyes, down to her slightly freckled nose, to her soft full lips. "This place is full of beautiful things," he said softly.

She stumbled on her words, "Why, uh, thank you." Susan felt her pulse jump. Her lips and cheeks tingled warmly as the capillaries swelled with the rush. "Could you sign for this... Mrs. Effingham?"

She took the clipboard from his outstretched arm, brushing his hand as she reached for his ballpoint. It was a simple little touch, yet it seemed to send her pulse racing even faster. "Contin-

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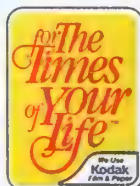




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(continued from page 130) "Well, she must have had a reason, Ira, for telling us Highway Ten."

"A reason? Serena, have a reason?"

She shook out the map with a crackle. He always talked like that about her girlfriends. He acted downright jealous. She suspected he thought women got together on the sly and gossiped about their husbands. Typical: He was so self-centered. Although sometimes it did happen.

"Did that service station have a snack machine?" she asked him.

"Just candy bars."

"I'm dying of hunger. I wish I'd asked you to get me something. Didn't they have potato chips or anything?"

"Baby Ruths, Fifth Avenues . . ."

She made a face and went back to the map.

"Well, I would say Highway Ten," she said.

"I could swear I saw a later cutoff."

"Not really," she said.

"Not really? What does that mean? Either there's a cutoff or there isn't."

"Well," she said, "to tell the truth, I haven't quite located Deer Lick yet."

He flicked on his turn signal. "We'll find you someplace to eat, and I'll take another look at the map."

"Eat? I don't want to eat!"

"You just said you were starving."

"Yes, but I'm on a diet! All I want is a snack! Really, Ira, I hate how you always try to undermine my diets."

"Then order a coffee. I need to look at the map."

He was driving down a paved road that was lined with identical new ranch houses, each with a metal toolshed out back in the shape of a tiny red barn trimmed in white. Maggie wouldn't have thought there'd be any place to eat in such a neighborhood, but sure enough, around the next bend they found a frame building with a few cars parked in front. A dusty neon sign glowed in the window: NELL'S GROCERY & CAFE. Ira parked next to a Jeep.

The grocery smelled of store bread and wax paper. Here and there women stood gazing at canned goods. The cafe part lay at the rear—one long counter, with faded color photos of orange scrambled eggs and beige link sausages. Maggie and Ira settled on adjacent stools, and Ira flattened his map on the counter. Maggie watched the waitress cleaning a griddle. From behind she was a large white rectangle, her gray bun tacked down with black bobby pins. "What you going to order?" she asked finally, not turning around.

Ira said, "Just coffee for me, please," without looking up from his map. Maggie had more trouble deciding. She took off her sunglasses and peered at the color photos. "Well, coffee, too, I guess," she said, "and also, let me think, I ought to have a salad but—"

"We don't serve any salads." The waitress came over to Maggie, wiping her hands. "The onliest thing I could offer is the lettuce and tomato from a sandwich."

"Well, maybe just a sack of those taco chips from the rack, then," Maggie said happily. "Though I know I

shouldn't." She watched the waitress pour two mugs of coffee. "I'm trying to lose ten pounds by Thanksgiving. I've been working on the same ten pounds forever, but this time I'm determined."

"Shoot! You don't need to lose weight," the woman said, setting the mugs down. The red stitching across her breast read "Mabel," a name Maggie had not heard since her childhood. What had become of all the Mabels? She tried to picture giving a new baby that name. Meanwhile the woman was telling her, "I despise how everybody tries to look like a toothpick nowadays."

"That's what Ira says; he likes me the weight I am now," Maggie said. She glanced over at Ira, but he was deep in his map, or else just pretending to be. It always embarrassed him when she took up with outsiders. "But then any time I go to buy a dress it hangs wrong, you know? Like they don't expect me to have a bustline. I lack willpower, is the problem. She held up the sack of chips, demonstrating.

"How about me?" Mabel asked. "Doctor says I'm so overweight my legs are going."

"Oh, you're not! Show me where you're overweight!"

"He says it wouldn't be so bad if I was in some other job, but waitressing, it gets to my veins."

"Our daughter's been working as a waitress," Maggie said. She tore open the sack of taco chips and bit into one. "Sometimes she's on her feet for eight hours straight without a break. She started out in sandals but switched to crepe soles soon enough, even though she swore she wouldn't."

"You are surely not old enough to have a daughter that grown up," Mabel said.

"Oh, she's still a teenager; this was just a summer job. Then she leaves for college."

"College! A smarty," Mabel said.

"Oh, well, I don't know," Maggie said. "She did get a full scholarship, though." She held out the sack. "You want some?"

Mabel took a handful. "Mine are all boys," she told Maggie. "Studying came as natural to them as flying."

"Yes, our boy Jesse was that way."

"And their daddy!" Mabel said. "He was forever taking up for them. Seemed they were all in cahoots and I was left out in the cold. What I wouldn't give for a daughter."

"Well, daughters have their drawbacks, too," Maggie said. She could see that Ira wanted to break in with a question (he'd placed a finger on the map and was looking at Mabel expectantly), but once he got his answer he'd be ready to leave, so she made him hold off a bit. "For instance, daughters have more secrets. I mean you think they're talking to you, but it's small talk. Daisy, for instance: She's always been so quiet and obedient. Then she pops up with this scheme to go away to school. I had no idea she was plotting that! I said, 'Daisy? Aren't you happy here at home?' I mean, of course I knew she was planning on college, but I notice University of Maryland is good enough for other people's children. 'What's wrong with closer to Baltimore?' I asked her, but she said, 'Oh, Mom, you knew all along I was aiming for someplace Ivy League.' I had no idea! And since she got the scholarship, why, she's changed past recognition. Isn't that so, Ira. Ira says—" she said, rushing on—having (continued on page 139)

"Mom, was there a certain conscious point in your life when you decided to settle for being ordinary?"

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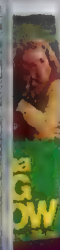
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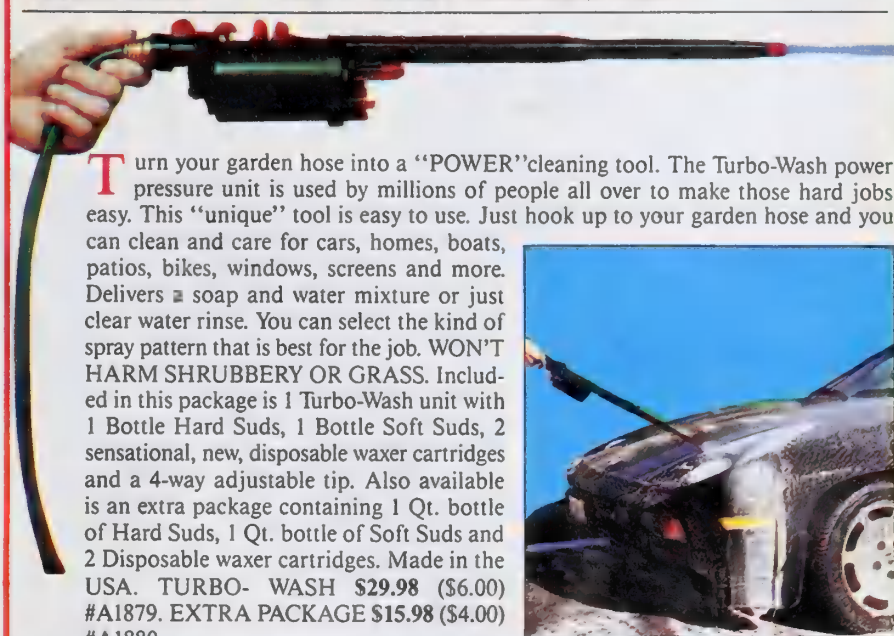
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BREATHING LESSONS

Continued from page 133

etted giving him the opening—"Ira she's just growing up. He says it's growing pains that make her so y and critical, and only a fool d take it to heart so. But it's diffi- It's so difficult! It's like all at , every little thing we do is wrong; she's hunting up good reasons not iss us when she goes. My hair's too y and I talk too much and I eat too y fried foods. And Ira's suit is cut ly, and he doesn't know how to do ness."

abel was nodding, all sympathy, Ira of course thought Maggie was g overemotional. He didn't say so, he shifted in his seat; that was she knew. She ignored him. "You w what she told me the other day?" asked Mabel. "I was testing out tuna casserole. I served it up for er and I said, 'Isn't it delicious?' me honestly what you think.' And y said—"

ars pricked her eyelids. She took a breath. "Daisy just sat there and ied me for the longest time with kind of . . . fascinated expression er face, and then she said, 'Mom? there a certain conscious point in life when you decided to settle for g ordinary?'"

aggie meant to go on, but her lips s trembling. She laid aside her s and fumbled in her purse for a nex. Mabel clucked. Ira said, "For s sake, Maggie."

m sorry but it got to me."

Well, sure it did," Mabel said sooth- ly. She slid Maggie's coffee mug a e closer to her. "Naturally it did!" e mean, to me I'm not ordinary."

o, indeedy!" Mabel said. "You tell honey! Know what I said to Bob- ny oldest? This was over a tuna s too, come to think of it. He an- places he's sick to death of foods that mingled together. I say to him, 'ung man,' I say, 'you can just leave t table. Leave this house, while e at it. Find a place of your own,' I 'cook your own darn meals; see u you can afford prime rib of beef y night.' And I meant it, too. I set his clothes on the hood of his car. he lives across town with his girl- d. He didn't believe I would truly e him move out."

ut that's just it; I don't want Daisy ove out," Maggie said. "I like to her at home. I mean, look at Jes- le brought his wife and baby to with us and I loved it! Ira thinks e's a failure. He says Jesse's entire s was ruined by a single friendship, h is nonsense. All his friend did tell Jesse he had singing talent.

Call that ruining a life? But you take a boy like Jesse who doesn't do just brilliantly in school and whose father's al- ways at him about his shortcomings; and you tell him there's this one spe- cial field where he shines—well, what do you expect? Think he'll turn his back on that and forget it?"

"Well, of course not!" Mabel said in- dignantly.

"Of course not. He took up singing with a hard-rock band. He dropped out of high school and collected a whole following of girls and finally one particular girl and then he married her; nothing wrong with that. Brought her to live in our house because he wasn't making much money. I was thrilled. They had a darling little baby. Then his wife and baby moved out on ac- count of this awful scene, just up and left. It was nothing but an argument really, but you know how those can escalate. I said, 'Ira, go after her.' But he said no, let them just go on and go. I felt like she had ripped that child from my flesh and left a big torn spot behind."

"Grandbabies," Mabel said. "Don't get me started."

Ira said, "Not to change the subject, but—"

"Oh," Maggie told him, "just take Highway Ten and shut up about it."

He gave her a long, icy stare. She buried her nose in her Kleenex, but she knew what kind of stare it was. Then he asked Mabel, "Have you ever been to Deer Lick?"

"Deer Lick," Mabel said. "Seems to me I've heard of it."

"I was wondering where we'd cut off from Route One to get there."

"Now that I wouldn't know," Mabel told him. She asked Maggie, "Honey, can I pour you more coffee?"

"Oh, no, thank you," Maggie said. In fact, her mug was untouched. She took a little sip to show her appreciation.

Mabel tore the bill off a pad and handed it to Ira. Maggie placed her damp Kleenex in the empty chip sack and made a tidy package of it so as not to be any trouble. "Well, it was nice talking to you," she told Mabel.

"Take care, sweetheart," Mabel said.

Maggie could sense Ira's disgust as he led the way to the parking lot. It felt like a sheet of something glassy and flat, shutting her out. She slid into the car. Ira got in, too, and slammed the door behind him.

They passed the ranch houses once again, jouncing along the little paved road. The map lay between them, crisply folded. She didn't ask what he'd decided to do about routes. Instead, she looked out the window and sighed. ■

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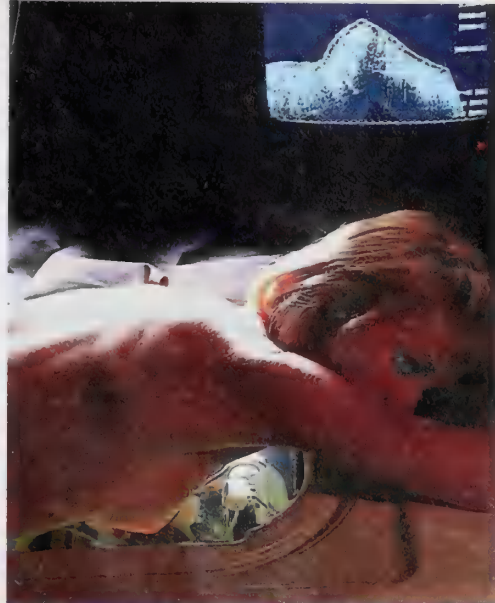
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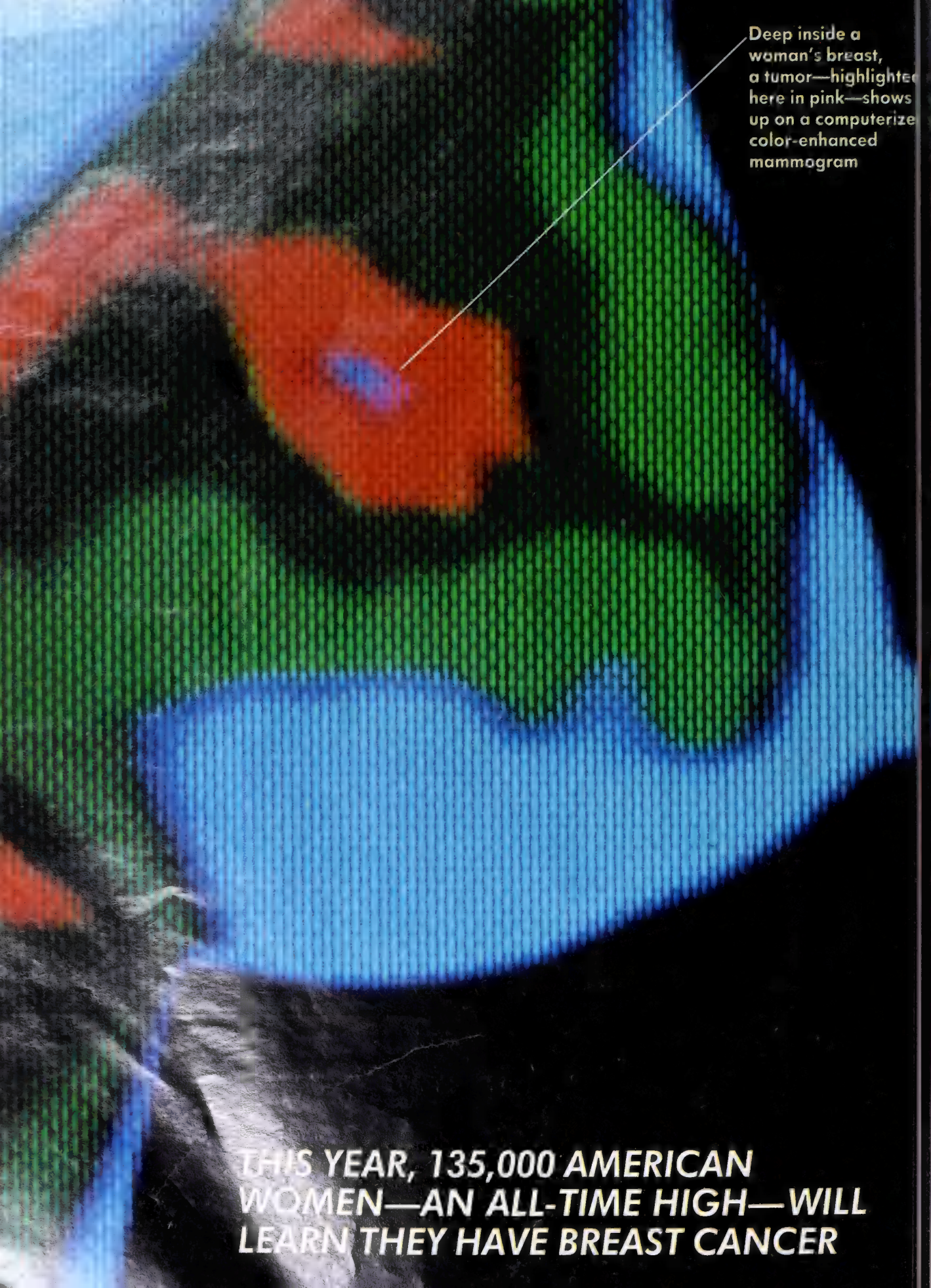
By
Judy
Foreman



THE WAR ON BREAST CANCER

More and more women are succumbing to this frightening and persistent disease. But what is being done to solve one of today's most urgent health crises? Here, the first of two LHJ special reports—essential reading for every woman

Photo, Alexander Tsiras/Science Source/Photo Researchers.

A computerized color-enhanced mammogram of a breast. The image is composed of various colored regions: a large green area, a blue area at the bottom, and a red/pink area in the upper left. A small, bright pink spot within the red area is identified as a tumor. A thin white line points from the text in the top right corner to this tumor.

Deep inside a woman's breast, a tumor—highlighted here in pink—shows up on a computerized color-enhanced mammogram

THIS YEAR, 135,000 AMERICAN WOMEN—AN ALL-TIME HIGH—WILL LEARN THEY HAVE BREAST CANCER

THE WAR ON BREAST CANCER



Above: Many cancer experts recommend mammograms starting at mid-life. Below: After diagnosis, a woman needs to know her options. Her treatment should be geared to her condition

M

y friends are beginning to die of breast cancer.

One was a teacher at the school up the street, a tall, strapping redhead with a love of songs and puppets and a passion for world peace. She died a year ago. She was forty-one.

Another friend, age forty-three, never gave cancer a second thought. A sophisticated medical consumer, she'd had her annual screening mam-

mogram less than a year before her breast cancer was diagnosed, and it was negative.

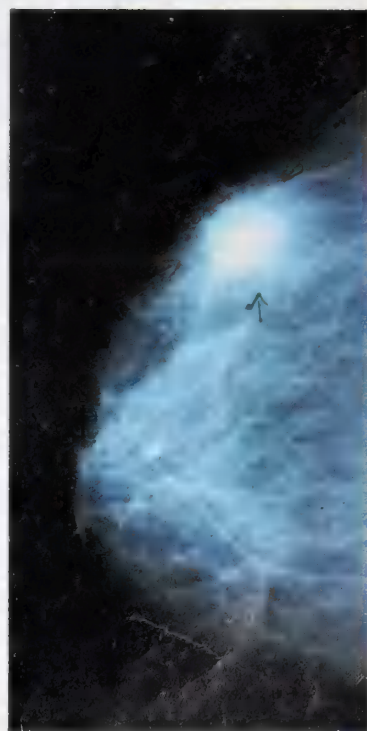
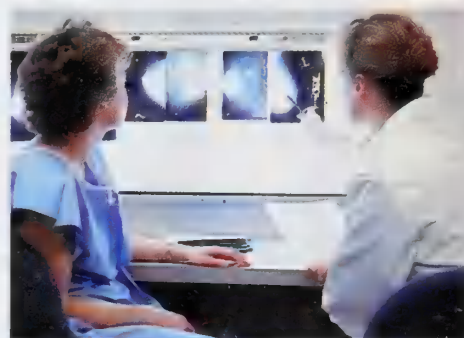
Soon, she, too, became a statistic: one of the nearly 8 percent of women whose mammograms fail to reveal the presence of cancer. Her battle to live long enough to see her children grow up—a fight she never thought she'd have to wage—was just beginning.

Some women are able to smile in the face of the disease. Another friend, a blithe-spirited former pilot and world traveler, goes about her life as usual, a life of work, exotic trips and friends. At the age of fifty-three, five years after undergoing a mastectomy, she exudes nonchalance.

A discouraging battle

Not all women are as brave about breast cancer as my pilot friend. The disease scares women today as no other illness can. Almost everyone can name several friends or relatives who've had it, and (continued)

nosis, a woman needs to know her options. Her treatment should be geared to her condition



THE WAR ON BREAST CANCER



The stages of breast cancer

After surgery, a woman is assigned a stage that takes into account tumor size, presence of tumor cells in lymph nodes and whether cancer has spread (metastasized). Below, a system used by many doctors

(continued) even reading about it can be frightening. But if you read carefully, you will find good news amid the bad. Although the statistics on breast cancer sound grim, it's important to remember that statistics apply to populations of women. As an *individual*, your chances of getting the disease may be quite low; if you already have it, your prognosis may be better than average.

That doesn't change the stark fact that this year, nearly 135,000 American women—an all-time high—will learn that they have breast cancer. A decade ago, it struck one in thirteen women. Today, for reasons unknown, it strikes one in ten, and of every three women diagnosed with breast cancer, one will die. This year, forty-two thousand women are expected to die of breast cancer, more than ever before in U.S. history. You may be surprised to learn that this number represents *more* deaths than the combined total from the first seven years of the AIDS epidemic.

There has, of course, been some progress. Instead of the modified radical mastectomy—surgical removal of the breast and underlying tissue—that virtually all patients faced fifteen years ago, many women now undergo lumpectomies—removal of just the tumor and a small amount of surrounding tissue, sometimes followed by radiation. If they wish, women today can also choose to have reconstructive surgery to replace a lost breast. And chemotherapy or hormonal treatment can add years to patients' lives following surgery, though this is hardly a cure.

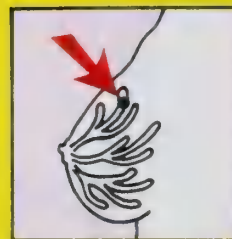
No one ever said winning the war against breast cancer would be easy. But how effective a fight are we waging against this immensely complicated disease? Some of the battles are not going well. Consider the following:

■ In January, the National Cancer Institute (NCI) canceled a \$130 million experiment, the Woman's Health Trial, designed to see if reducing dietary fat would cut breast cancer rates in high-risk women. Critics said that the trial was too expensive, that the hypothesis was shaky and that women might not report their fat intake accurately. Advocates of the program noted that the government had *already* paid \$115 million for a study to help determine whether reducing dietary fat and cholesterol lowered (continued)

Stage DCIS

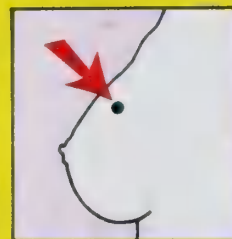
(ductal carcinoma in situ)

A noninvasive tumor located within a milk duct. Almost 100 percent curable with mastectomy.



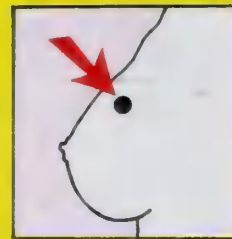
Stage I

Tumor is two centimeters or smaller. Patient is node negative—lymph nodes appear free of cancer. At diagnosis, about half of all patients are node negative.



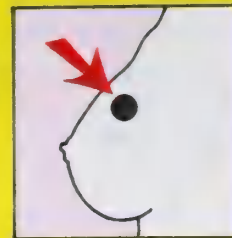
Stage II

Two- to five-centimeter tumor, no lymph node involvement, or smaller tumor with positive nodes. No metastases. Many node-positive patients die despite treatment.



Stage III

Larger tumors with or without lymph node involvement. No metastases.



Stage IV

Any size tumor, any nodal status, with metastases to distant organs.

About half of all breast cancers are diagnosed at Stage II, III or IV. Few stage IV women survive more than ten years.



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THE WAR ON BREAST CANCER



(continued) the risk of heart disease in men.

■ The American Cancer Society and the NCI recommend a mammogram either annually or every two years starting at mid-life. But one American Cancer Society survey showed only 10 percent of doctors recommend the exams to patients.

■ A survey by the National Women's Health Network showed that nearly 20 percent of seventy mammography clinics polled throw away baseline mammograms after five to seven years, although keeping the X-rays for comparison is the main reason they are done in the first place.

■ Only a handful of states now require insurers to pay for screening mammograms for women under 65.

■ New tests, developed by scientists in California and Texas, can identify which women with breast cancer are at greatest risk of relapse and death. But historically, advances like this move slowly from research labs to clinics. Will this unfortunate state of affairs continue?

The verdict: We are not yet winning the war against breast cancer. One giant in the field, Maurice Fox, Ph.D., chairman of the biology department of the Massachusetts Institute of Technology, confesses, "We have not gotten very far."

Others agree. "We know less about breast cancer and about the specific cancer-causing genes that may be involved than we know about many other cancers," says Philip Leder, M.D., professor and chairman of the department of genetics at Harvard Medical School.

"With early detection, we have done a good job, and early detection saves lives. But we have done a lousy job on prevention," says Jay Harris, M.D., clinical and educational director of Harvard's Joint Center for Radiation Therapy.

Experts give various reasons for the relative lack of progress in some areas of breast cancer research. Susan Love, M.D., head of the Faulkner Breast Center in Boston, fears that there is "no sense of urgency" in breast cancer research, partly because it is almost solely a woman's disease.

Marc E. Lippman, M.D., former head of NCI's medical breast cancer section, blames a lack of funding for much of the problem. "The entire federal budget for research and development in all of biology is exceeded by the cost overrun of the Sherman tank," he maintains.

Breast Cancer Awareness Week

Ladies' Home Journal has joined with leading cancer research and information organizations across the country to bring you the latest news about breast cancer. To focus attention on this major health concern, October 17-23 has been designated Breast Cancer Awareness Week. *LHJ* is taking part in the effort to help educate millions of

American women—an effort that will include special reports in this issue and next month on new findings, public and media appearances, as well as public service announcements on radio and television to give women the latest information on breast cancer. Participating organizations include:

■ **The American Cancer Society**, the nation's leading voluntary organization, with affiliates in major communities.

■ **NABCO (National Alliance of Breast Cancer Organizations)**, which provides up-to-date information on all aspects of breast cancer.

■ **The National Cancer Care Foundation**, a voluntary agency that helps patients and their families deal with the psychological, social and financial problems caused by cancer.

■ **The American Academy of Family Physicians**, a professional association representing sixty thousand family doctors.

■ **ICI Pharmaceuticals Group**, a research-intensive company that is involved in the discovery and development of new therapeutic drugs.

■ *LHJ* will also contribute by offering part of the proceeds of its holiday card sales to the American Cancer Society, NABCO and the National Cancer Care Foundation. (To order cards, see page 128.)

Still other experts say the problem is lack of both money and coordination. As Helene Smith, Ph.D., associate director of the Peralta Cancer Research Institute, in Oakland, California, puts it, "If the government made a long-term commitment to labs, you'd find scientists more willing to try new directions." But as things now stand, scientists and the public are discouraged by the lack of progress. Says Smith: "It's like my father keeps saying to me: 'Helene, you've been working on breast cancer for fifteen years. Why does Aunt Sadie still get it?'"

How breast cancer begins

Although we don't yet know exactly why Aunt Sadie—or any specific woman—gets breast cancer, we are learning some things about why and how it develops. An (continued on page 197)

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Jessica McClure

For fifty-eight hours the world stood still, all eyes focused on the west Texas town where a brave little girl was trapped inside a dark, narrow well. Here, one year later, an exclusive visit with Jessica and her parents

The untold story



Then: Jessica before the accident—a carefree, loving child; a quiet street in Texas is transformed as hundreds of rescuers work to free the tot from her dark prison; the end of a nightmare—Jessica is freed

At first glance, she seems like an ordinary two-year-old: mischievous, friendly, restless and curious. But her hair, as yellow and fine as corn silk, is still thin where she pulled it out in desperation during her ordeal. Her pale, delicate forehead shows traces of a painful wound suffered by rubbing against the rough stone side of the well. Her blue gingham dress, its hem reaching to her knee, covers a vivid red scar created when surgeons removed skin for a graft. And a tiny white high-top sneaker conceals a foot that was so badly injured, the little toe had to be amputated.

One year ago, on a sunny October morning, Jessica McClure, left alone for a few minutes by her mother, sat down in her aunt's backyard in Midland, Texas, and dangled her legs over an eight-inch-wide well. As she tried to stand up again, the little girl dropped twenty-two feet into a terrifying blackness, where she was trapped for more than two days.

It is a time that the child's young mother, Cissy, cannot recall without a painful mixture of fear, sorrow and guilt. As she talks to an interviewer, *(continued on page 200)*

Photos, clockwise from top right: courtesy of Texas Rangers, Mickey Torres, Mickey Torres, Paul Brown, Mickey Torres, Judy Malignen/Dallas Morning News/Sygma, David J. Sams/Sygma.



Now: Despite her harrowing ordeal, commemorated at the capped well, Jessica is as irrepressible as ever, ready to go for a horseback ride with her mom, play ball, and ham it up for the camera

**By
Kathryn
Casey**

Talking with the next

Kitty Dukakis

"I was always the goody two-shoes, but I changed somewhere along the line"

If I become this country's First Lady, I'll be an activist as I've always been. I'm not one to bake brownies. I'd want my husband to reappoint me to the Holocaust Council [the President's Commission on the Holocaust] as soon as he comfortably could. Family reunification, refugee resettlement and the homeless would be major programs. For thirty years I taught *(continued)*



First Lady

Candid chats with two special women—one of whom will soon live in the White House. By Cindy Adams

Barbara Bush

"George is simply a fabulous husband, and he knows how to hug"



This campaign has had its share of high points and low ones. I spent my forty-third wedding anniversary alone in a motel room. It was January 6. George was in Des Moines, and I was in Moline, Illinois. I was in a Hampton Inn, and they knew me there—I'd been in that place five times. I'd been stealing the *(continued on page 154)*

Kitty Dukakis

(continued) dancing, so the arts are important to me. And because of my own background, I'd be involved in preventing substance abuse."

Kitty Dukakis is fifty-one, slim, attractive, college-educated, the mother of three, Jewish, married twenty-five years to Michael Dukakis, who is Greek Orthodox. Her short brunet coif, skillful but underplayed makeup, quiet jewelry, tailored clothes, lack of nail polish, tell you she's no-nonsense. She is what she is, and she says it.

"One thing I've tried to work on is my volatile personality," she admits. "My temperament is something Michael wouldn't mind changing. And I really am trying to be steadier." She adds with a laugh, "When I was growing up, my younger sister gave everyone a hard time and I was the goody two-shoes. But I changed somewhere along the line."

Was it true that one journalist had called her a "dragon lady" during the campaign? Kitty's face tightened, then she replied, "It's because I'm strong and assertive. Listen, there are chauvinistic thinkers in the press as well as the public."

I visited Kitty at home in Brookline, Massachusetts, while she was recovering from neck surgery. The red brick house with the

"MY TEMPERAMENT IS SOMETHING MICHAEL WOULDN'T MIND CHANGING," HIS WIFE SAYS. "I'M TRYING TO BE STEADIER"



postage-stamp-size front lawn is unassuming. The front porch has a hammock. The backyard has a birdbath gone dry, a toolshed with cobwebs, and rosebushes that indicate their owner has been busy cultivating other fields. The summer day I arrived it was 100 degrees, but the house has no air-conditioning except in the bedroom. The kitchen has an overhead fan. Apparently this possible Leader of the Free World is not one for airs. Or maybe he's just leery of the electric bill?

"The only thing I'd change about Michael is he'd be a spendthrift in another life." She laughs. "I don't say he's chintzy, but he's careful. He'll say, 'You really don't need a new dress.'"

Kitty Dickson Dukakis, daughter of violinist Harry Ellis Dickson, retired associate conductor of the Boston Pops, first met her future husband in high school. They met again in college, "but I married another man and became a housewife, only it didn't work out. We were divorced when our son,

"I don't get unhappy as much as I used to. I don't need a crutch now."

"OUR THREE CHILDREN HAVE ALWAYS HAD REAL ACCESS TO THEIR FATHER," SAYS KITTY



John, was three. I met Michael again, and that was it."

Kitty hopes that America will think her husband is "it," too, for many of the same reasons she fell in love with him. "He has great intellect, compassion for humanity and moral virtue—he'll always do the right thing. He's an excellent administrator, and he's always been available to his family."

She goes on, "Michael's been a real partner in raising our children [Andrea, twenty-two; Kara, nineteen; and John, now thirty]. When Andrea went to college, he wrote to her every Sunday night; he'd do it dog-tired. Even as governor, he never missed a parent-teacher meeting, and he was home for dinner every night, even when I wasn't. The children always had real access to him."

As Kitty and Michael have to each other. "Around six A.M., when we're still in bed, has always been our sharing time, the time to ourselves." The Dukakis' devotion and affection toward each other is legendary—they continue to act like young lovers, always hugging and kissing and holding hands. So considering their closeness, one wonders why Michael didn't know his wife was a substance abuser. In the summer of 1987, Kitty publicly revealed that she'd previously been addicted to diet pills for twenty-six years.

"Michael never knew," Kitty says quietly. "It was the one thing I was able to hide."

In 1982, when Kitty entered a treatment center for her addiction, Michael was running for re-election. Campaign staffers said that Kitty was suffering from hepatitis. Five years later, she decided to go public about her past problem.

So a question that comes to mind now is, Would she lie for her husband the way his campaign team had protected her? The question stopped Kitty momentarily. Finally she said, "Well, under the circumstances surrounding my dependency, for example, where he lied for me . . . yes, I would. To protect him, sure. Any spouse would. But that's a one in a million."

How does she handle stress now? "The same way people handle things when they're not users. That is, to cope. My personality is to get unhappy about things, but I don't dwell on negativity as much as I did. I'm handling things pretty well. I don't need a crutch anymore."

And if she doesn't become First Lady? "Having lost [the gubernatorial election] in '78, my husband and I are prepared for all kinds of things," Kitty replies. "We're both stronger and better for having lost that election. Nobody knows what's going to happen, but I'm sure of one thing. I won't have to make Michael Jell-O or chicken soup. We'll be okay no matter what."

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Barbara Bush

(continued from page 151) soap to give to the homeless [her staff sees that the toiletries go to shelters], and this time they wouldn't put any in my room! George called, and I just said,

'Happy anniversary. They've stopped putting soap in my room.' Some anniversary. Not even a shower for old Barb.'

Barbara Bush has certainly paid her dues, as a campaigner, wife and mother. She's raised five children, lived in twenty-eight homes in seventeen cities and been a grandmother ten times over, and has spent forty-three years cooking, carpooling and, as she says, "keeping the bathrooms clean."

"I spend fifty percent of my time doing charitable work, and twenty-five percent on organizational things like running the house. Maybe fifteen percent on my husband and children, and maybe ten percent on myself, exercising or playing tennis." If she gets to the White House, she doesn't see that changing. "Of course I'll continue helping causes I'm interested in. The eradication of illiteracy is my motivating force."

Such noblesse oblige comes with her credentials, which are definitely blue-chip. A publisher's socialite daughter from a well-to-do town in New York's Westchester County, Barbara Pierce attended Smith College. But despite the pedigree, Barbara eschews industrial-strength glamour. And don't ask her about dyeing her snow-white hair!

"I was white-haired when I was thirty-five," she says, relaxing in the living room of the Vice-President's house in Washington, D.C. "I began coloring it myself, but it turned every color but the warm brown I wanted. So back when George was running for the Senate, I went to the beauty parlor and said how bad my hair looked. The beautician said, 'Let's try this rinse called Fabulous Fawn.' So we rinsed with Fabulous Fawn, and off I flew to East Texas to campaign. Seems I'm always campaigning for George."

"It was a hundred and five degrees in that plane," she continues. "I asked the pilot to turn up the air-conditioning, but he told me it had just gone out. And my Fabulous Fawn began to run. It ran down my neck, my ears, my cheeks and my forehead. I began to blot myself with Kleenex, used all that up, then started on toilet paper. I spent the whole flight mopping myself up!"

Okay, so forget the hair-coloring blurb. But as a friend who has known Barbara for twenty years, I mentioned it would be nice if she'd try a little mascara and eyeliner. Smoothing her blue silk dress, which didn't need smoothing, she gives you

the "my eyes are too wrinkled, my lids are so heavy, my eyes tear and the stuff smudges" routine, but her resolve is weakening. A few weeks after I sent her some eye makeup, I received this note: "Dear Cindy, I have been putting eye goo all over my eyes. You'd be proud. Love, Bar."

With that easy ability to poke fun at herself, she tells another story. "Not long back I went to a reception at the Chinese Embassy, and they presented me with a photo of my last appearance there. In it I was wearing the identical gown I had on for the second visit. I said to Nancy Reagan, 'Wasn't that the dumbest thing?' I wear my clothes five years and I've never kept a record of what I've worn where, so who can remember?"

"But there's a new me now saying that in a world where there's AIDS, the homeless and drugs, if you wear the same dress twice it's not important. You shouldn't worry about these things. I owe it to the public to look nice and have a clean mind and a clean head of hair. And that's it."

She wouldn't mind owing the public a big share of President Bush, however, because she feels her country deserves the best. What makes her husband so terrific? "He's wise, educated, smart, and he has raised a warm, loving family. He's a devoted son and a good father, and he can tell you what his twelve-year-old grandson is batting in Little League. He keeps friends. He doesn't cut out. And he's a fabulous husband. He knows how to say 'I love you.' And how to hug."

"SEEMS I'M ALWAYS CAMPAIGNING FOR GEORGE," SAYS HIS WIFE. "WE'LL WORK TO THE BONE TO GET HIM ELECTED"



"I owe it to the public to have a clean mind and clean hair. That's it."

Would she lie for her husband? "I've never had to. He'd never ask me to. But would I? Probably," she answers.

And if her man doesn't make it? She replied, "As we were having dinner last night, I said to George, 'You're mellower and more relaxed. Does it have anything to do with Marvin being so sick?' [Thirty-two-year-old son Marvin has had two major operations, and during one, his vital signs stopped. He is now recovered.] And George said, 'Maybe it does, I don't really know. I just know I feel differently. I guess there are other things in life than winning or losing an election.'

"But that doesn't mean that every single member of this family isn't going to work ourselves to the bone to get George elected, or that he doesn't have an enormous will and desire to be president," says Barbara. "He does."

"So sure, we'd be shattered. But it wouldn't be for long. The truth is, we've made peace."

the
slimmest
slim!



Actual
pack size
also in
regular

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fashion UPPERS

great looks, affordable style



A play of prints
charming for
oh-so-appealing
graphic impact

How do you create standout, up-to-the-minute style without hiring a personal shopper or spending all your cash on new clothes? Simply rethink your wardrobe: Learn how to make the most of the pieces you have, then pick up a few carefully selected basics and zesty accessories. We'll tell you how to juice up black and other neutrals, accessorize for maximum effect. In fact, we've got a score of stellar ideas for spirited, mistakeproof style.

1 Learn to **mix patterns** creatively like the top designers do. The combos that always look classy? Plaids and tweeds; pinstripes, tweeds and paisley; big checks, houndstooth and glen plaid, all in black and white.

2 We'll let you in on our favorite fashion secret: **Buy basics in black**, such as trousers, slim skirts. They'll never date and will work with everything in your wardrobe. Then add dash with unexpected accessories.

Styling: Nesti Mendoza; hair and makeup, Anthony McCaulay. Models, Melanie Kremser of Click, Denise Rivette of Pauline's. Fashion emails, page 190.

Photo: Bob Mack. FRENCH CHIC by Susan Summers. Copyright © 1988 by Words Unlimited, Ltd. Reprinted with permission of Villard Books, a division of Random House, Inc.



3 Dying to try a trendy hue but are too shy to wear a lot of it? Take poison green, tangerine or neon yellow in small doses. **Wear a daring shade** by tucking a silk scarf around a neckline or in a jacket pocket. Or slip on shocking gloves. You can even let tootsies cruise in flashy hues—don splashy socks.

4 A shot of a snazzy shade is essential for a neutral ensemble. Here's how to **fire up the basics**: Boost black with pink, yellow; enliven white with royal blue, emerald; rev up navy with chartreuse, fuchsia; embellish brown with baby blue, pink.

5 Collect **witty extras**: inexpensive watches (Mickey Mouse, Swatches); animal pins to wear on a serious suit; crest appliqués or military medals for jackets, cardigans; classic eyeglass frames in show-off red; armfuls of charm bracelets; a huge pink muffler.

Gain glamour with a flash
of a smashing shade

fashion UPPERS



A hotshot topper is
your best investment

6 If you buy only one new item, invest in a piece that will upgrade everything else you have. Consider a bright wool jersey tunic or a **long, fitted jacket** in a bold color—both add runway elegance to a slim black skirt. Keep the proportions long over short and polish off the look with opaque black hose, long black gloves and black pumps.

7 A wise way to make one outfit look **twice as nice**—play up accessories one day, pare them down the next. Take a plain black skirt and white blouse and either jazz it up by paying homage to Chanel—load up on pearls and chains, wear a signature hair bow, tote a chain-handled quilted bag—or subtly accent the outfit with a wide belt (with an important buckle), bold earrings and a large cuff.

8 Did you know that a big **white man-tailored shirt** is one of the best, most versatile fashion basics? Choose a simple, conservative style that's roomy throughout with a small pointed collar—skip fussy details such as pleats, puffs, ruffles, embroidery and outdated bow ties.



Accessories
make all the
difference



12 How to buy cheap and look high-style? Get a fabulous fit.

Trousers should fit easily but smoothly, fall from the waist, never pull at the crotch, pockets or pleats. Straight skirts should be slim and skim over tummy, hips and thighs without creasing. When choosing a pleated skirt, go for a mid-calf length that covers tops of boots, works well with flats or low heels. When considering a jacket, be sure the sleeves are no shorter than just below the wrist.

Turn up the heat
with clever color
combos—it'll make
your spirits soar

This season, look-twice combos of crazy colors are all the rage. Good news if you want to invest in a few fashionable items—vivid sweaters and some interesting accessories all in different colors and have fun mixing them. Team yellow and black and hot pink, cobalt purple, olive and orange.

Browse secondhand shops for buys that add old-time dash to your clothes. Ideas: costume jewelry, sweaters from the forties and fifties, fur-trimmed sweaters and hats, beaded or sequined sweaters, men's hats, alligator belts and pearls and chains.

Want to get more fashion mileage from your closet? Don't typecast your clothes. Mixing casual and formal pieces and combining different pieces. For example, pair a denim shirt with a turtleneck, a cotton tee and a skirt, a black sweatshirt with a pantsuit, a summer cotton safari jacket with a skirt, a black sweatshirt with gray flannel pleated pants and several strands of pearls.

Go ahead—break the rules!
Pair favorite pieces even if
they don't "go" together

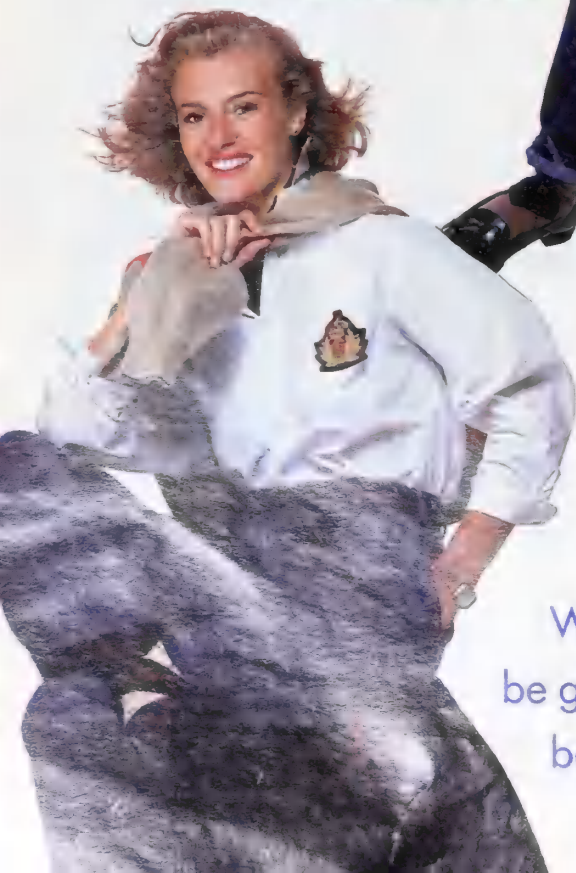


fashion UPPERS

13 Another smart buy that doesn't quit is a **simple cardigan**—a must for every well-stocked wardrobe. Choose a solid, whisper-soft hue like pale pink, icy mint or blushing apricot to give a feminine finish to dozens of outfits.

14 Punch up any outfit with **menswear finds**. Scoop up paisley scarves and argyle socks, oversized oxford shirts. Substitute a "school" tie for a belt or wear it casually looped at the neck with a suit. Check out the boys' department for good buys in blazers, pullovers, button-down shirts, cardigans.

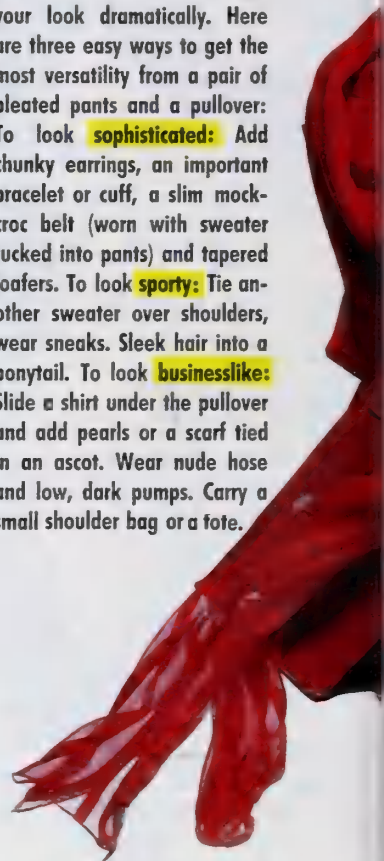
Pastels are perfect
perk-ups for your
weekend wear



Where the boys are ...
be gutsy and
borrow their clothes

15 Turn heads with the dramatic impact of a **monochromatic outfit**. Dress from head to heels (hose included) in one knockout color. Why not try the new neutral—red!

16 Trousers are in again (and aren't you glad?), but keep in mind that what you wear with them can change your look dramatically. Here are three easy ways to get the most versatility from a pair of pleated pants and a pullover: To look **sophisticated**: Add chunky earrings, an important bracelet or cuff, a slim mock-croc belt (worn with sweater tucked into pants) and tapered loafers. To look **sporty**: Tie another sweater over shoulders, wear sneakers. Sleek hair into a ponytail. To look **businesslike**: Slide a shirt under the pullover and add pearls or a scarf tied in an ascot. Wear nude hose and low, dark pumps. Carry a small shoulder bag or a tote.



17 Take advantage of the **collectible extras** you can scrimp on and still look great. **Save money on:** T-shirts, cotton bandannas, hose, basic pullover sweaters, cotton turtlenecks, cheap watches, pins.

18 Although you can **look like a million** wearing cheap-but-chic items, there are certain pieces that are the core of every well-dressed woman's wardrobe. **Spurge on:** A status scarf, a silk blouse, a black leather slim skirt, a good-quality leather bag, classic leather pumps and a sophisticated English-style trench coat.



Be anything
but predictable in
just one hot color



19 How to make a tailored suit **suit your every mood?** Three instant image changers. To look **sexy**: Buckle on a wide leather belt, don a sweater instead of a blouse and tie on an animal print scarf. To look **rich**: Add big pearl button earrings, a chunky pearl choker and a gold cuff. To look **chic**: Wear a black skirt instead of the suit skirt, a black turtle under the jacket, large hoop earrings, black opaque hose and black pumps.

20 A treasure trove of extras that instantly turn any tailored suit into an **ultrafeminine** show-stealer: lacy hose or the lacy edge of a slip peeking through the kick-pleat of a skirt; high-heeled pumps; a silk flower on lapel, shoulder, throat; a wide cinch belt, a big bow or ribbon to dress up hair; long gloves.



Why not
make one
suit do
triple duty!

ROOM MAKEOVERS

decorating workshop

By Marilyn
Diane Glass
Decorating and
Design Editor

from
dull
to
dazzling



chilly to charming

PROBLEM

This is the story of a living room that was never really decorated. Like Topsy, it just grew—into a hodgepodge of pieces that neither harmonize nor give the room personality. With those dingy walls and dark floors, it all adds up to an unenticing space.

SOLUTION

We went with wicker—it's not just for the patio! In fact, this collection (from Gear) is inexpensive and an instant warmer-upper.

The floor was bleached to create a light, airy feeling. Since the owners adore the outdoors, we painted the walls sunny yellow and sky blue and adorned the furniture with blue and white flowers. For contrast, we dressed the window in stripes, then repeated the pattern on the rocker.

Design concept by Raymond Waites and the Gear design team; wicker furniture designed by New Country Gear for O'Asian Designs; harvest hutch, dining table and chairs by New Country Gear for the Guild Hall; lamps by New Country Gear for Ainsley Lamps; upholstery and window treatment fabric, designed by New Country Gear for Cohama Riverdale; place mats, pillows, china, glassware, accessories, Gear stores, NY; bird houses, folk art, yellow pillows, candlesticks, plates in hutch, cookie jars, Sweet Nellie; art in dining area, Grace Borgenicht Gallery; all other art, Kraushaar Gallery; rug, Shyam Ahuja; upholstery and window treatments by Myrna Weiss of the Loop Exchange; paint, Benjamin Moore. Details, page 190.

has a room in your house hit the skids? We know just what it takes to redo a disaster area! Coming up, a slew of super problem-solvers plus our very best decorating ideas

a dining
nook

Truly inviting:
Pale pine table
and chairs and
a quaint potter
filled hutch





dreary to dramatic

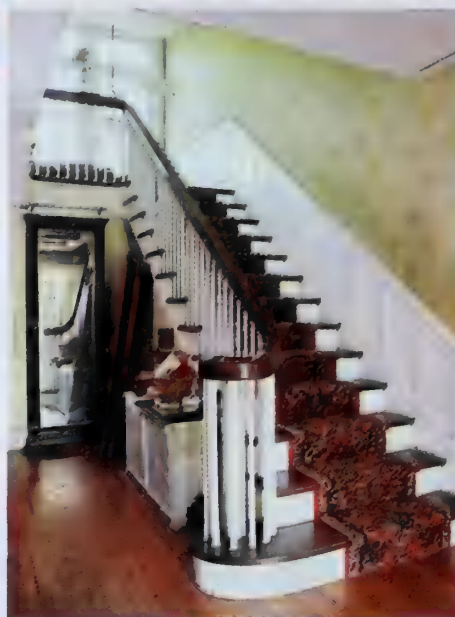
PROBLEM

Because a foyer is not really a room, most of us neglect to give it special attention. Yet a fabulous entryway sets the tone of a home. This foyer is bleak—it was used as a dumping ground for junk.

SOLUTION

We put this entry in the pink—romantic and refreshing! Gone are the decades-old hospital-green wallpaper, the clunky mirror and the ancient radiator. We gave this grand space a luxurious feeling by gracing the walls with an elegant historical striped wallpaper and border from the Metropolitan Museum Collection. As for the cluttered spot beside the stairs—we transformed it into an elegant sitting area.

Wallpaper, fabric, from Metropolitan Museum Collection by Milbrook Wallcoverings; window shades and throw-pillow fabrics, Laura Ashley; bench, Howard Kaplan Antiques; brass rods, the Brass Loft; botanical prints, Nancy Brous Antiques; paintings in foyer, Tamara Schneider; wall sconces, Light Inc.; window treatments and upholstery by Myrna Weiss of the Loop Exchange; paint, Benjamin Moore. Details, page 190.





sloppy to sleek

PROBLEM

This library is all-purpose—a family room, an office, a reading room—yet it lacks key ingredients: organization, style and comfort. *LHJ* to the rescue!

SOLUTION

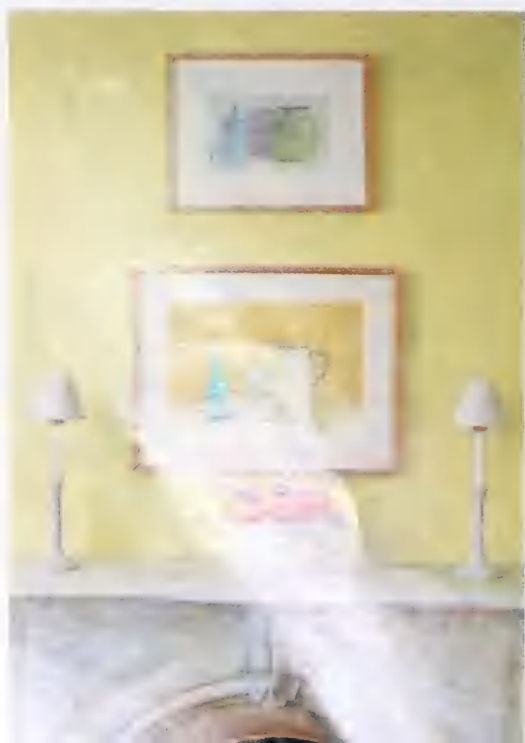
A sophisticated, streamlined wall system with space for absolutely everything cured this room of perpetual mess. This unit, by Lockwood, houses books, television, VCR and stereo; the roomy desk area even has a computer compartment (pictured on the following page). Glass-enclosed shelves reveal favorite collectibles. An oversize armchair and sofa with sink-into pillows make for cushy seating; a Chinese rug of muted hues—pale green and taupe—adds elegance and unites the room. The room gets plenty of light—so much that on a clear day the glare can be unbearable. The answer? Pleated sheer fabric shades that let the sun shine in without the harsh rays.

Wall system, Lockwood; shades, Duette by Hunter Douglas; desk chairs, art between windows, Scandinavian Gallery; coffee table, Philip Colleck Antiques; linen chair, Apropos; desk accessories, Frank McIntosh Shop, Henri Bendel; decorative boxes, Nancy Brous Antiques; pillows, B. Altman; bowl, lamp, Luten Clarey Stern; painting above desk, Grace Borgenicht. Details, page 190.



little things mean a lot

Sometimes all it takes is a touch of creativity to give a simple setting sensational style. Here are some clever ideas for you to sample



SKIRT THE ISSUE Try outfitting an inexpensive round table with an eye-catching cloth—perfect for a pretty side table or nightstand, or as a main attraction in an entry hall.

FILL IN THE BLANKS Empty corners can be eyesores. Don't waste space—buy a big, beautiful plant or a decorative screen to fill the void.

PILLOW TALK You'd be surprised what a delightfully cozy difference pillows—oversize and brightly colored—make on sofas, armchairs, window seats.

MADE IN THE SHADE Replacing lamps can be costly, so why not scoop up a few new lamp shades? Give a simple lamp a contemporary look, old-fashioned charm or Art Deco appeal.

THE MIDAS TOUCH Add elegance to your walls by rehanging your favorite prints in elegant gilded frames. Even ordinary, low-cost botanical and floral prints will take on an expensive look!

MAGIC CARPET Focus on floors to give a room a lift! In each of our makeovers we took advantage of a great rug to give the rooms extra warmth, color and personality.

HAVE A SEAT Nothing is quite as inviting as a plush oversize armchair. Make it part of a living room or family-room seating arrangement; look for one that's similar in height and depth to your sofa.

ROOM WITH A VIEW The right window treatment is one of the most important decorating details in a room. But you don't have to spend a bundle for beautiful results. In fact, it's a snap to stitch great-looking Roman and balloon shades yourself. Also, consider covering French doors with romantic shirred curtains.

SITTING PRETTY Try tying pretty patterned cushions on dining chairs or side chairs and see the difference a little color can make.

DECK THE MANTEL This is a perfect place to show off your creativity. We echoed the still lifes above the mantel at left by filling a bowl with multicolored peppers flanked by candlesticks topped with mini-shades; the options are truly endless!

THE LAST DETAIL We'll let you in on a surefire decorating secret: Moldings are a fabulous finishing touch for any room. They can add character to ceilings and simple bookcases, even walls (notice the chair rail along the living-room wall).

MIX—DON'T MATCH Wallpaper is a no-fail room reviver, but don't stop at just one pattern. For excitement, choose a complementary border to run along the ceiling.

SHOW YOUR TRUE COLORS Be different and paint a room an unexpected hue. Try pastel blue, yellow or peach, or be really bold and go for vibrant red!



Beta Than Ever.

Now, Centrum® adds beta-carotene to its new formula.

Today, the nutrient that's making news in certain fruits and vegetables is making news in Centrum.... beta-carotene.

Leading health authorities — including specialists in cancer research — are urging you, as part of an overall balanced diet, to eat foods that are rich in

beta-carotene.

Your diet should include generous amounts of dark green leafy vegetables like spinach and kale. Or yellow-orange fruits and vegetables, like cantaloupe and carrots.

So, please eat these fruits and vegetables.

To help support your diet, add Centrum

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New Advanced Formula Centrum supplements your diet more completely with more vitamins, including beta-carotene, and minerals than any leading brand.

New Advanced Formula Centrum.

It's beta than ever.

**Centrum with beta-carotene.
More complete. From A to Zinc®**

SUPERSTAR

beauty book

By Lois Jay Johnson
Beauty and Fashion Editor



Their client list is crammed with names of the rich and famous, but Bruno and Soonie treat everyone like a star. The duo's specialty is creating individual style—one that's best suited to the client's own personality and lifestyle. In is soft, pretty hair; out, hard-edged, trendy styles

Want the tousled look of Barbra Streisand, the polish

of Sally Field or the glamorous do of Diana Ross? We went to the source—Beverly Hills hairstylists Bruno Meglio and Soonie Paik, of Bruno and Soonie Salon—to help three L.A. women get the trademark locks of their celebrity “twins.” Though these superstar styles are different, all have the flair of Hollywood hair—easy movement, versatility and timeless natural appeal



Bruno & Soonie on BARBRA STREISAND

"Barbra makes her own appointments and always mingles with the regulars. When she first came to us eight years ago, she had a tight perm. We gave her a blunt cut with a bit of layering at the crown to enhance her natural wave. She likes her hair shoulder length, and she's thinking of trying a smoother, sleeker look"

HAIR HINTS

Andrea, a ringer for Streisand, adopted her style with the help of:

- foil-wrapped highlights for warmer, sunnier color.
- a body wave to add soft volume, dimension and the look of more hair.
- styling glaze to give hair an extra lightweight boost.
- blow-drying with hair flipped forward. Use fingers (hold them up straight like the teeth of a comb) to lift and separate, working from roots to ends.

CLOTHES AND COLOR CUES

Barbra gets her soft, sexy look from:

- an easy-tailored V-neck style. Barbra is a big jacket fan—she almost always wears one.
- pale peach eyeshadow; gray liner applied close to lashline, smudged and extended to outer corner to elongate eye shape, emphasize eye color.
- a light application of honey-colored gloss on lips.

Makeup: Deborah Howell for Cloutier. Andrea's suit and blouse, OMO Norma Kamali. Cuff, Kenneth Jay Lane. Andy's blouse, Agnes B. Pearls, Majorica. Katherine's jacket, Michael Kors. Sweater, at Cashmere, Cashmere. Earrings, Sharent. Details, page 190.

Photos from left: Alberio Tolo, Alberio Tolo, E. Leonelli/Shooting Star.



HAIR HINTS

Andy, Sally's look-alike, was transformed by:

- a blunt cut to eliminate straggles and split ends, with the bottom layered for fullness.
- a conditioning treatment to restore shine, reduce brittle, flyaway hair.
- blow-drying from back to front, drying top layers last, smoothing hair with a large round brush.

CLOTHES AND COLOR CUES

Essentials to play up natural good looks like Sally's:

- anything white. Worn near the face, white reflects light, making skin glow
- notch-collar styles that lengthen the neck
- neutral makeup—rosy cream blusher, lots of brown eye shadings, just a hint of gloss on lips.

Bruno & Soonie on SALLY FIELD

"Sally's one of our newer celeb clients—she came to us eight months ago. She loves being a brunet, but she doesn't mind changing her hair color for a film. We angled her shiny, super-healthy chin-length hair for softness and added slight layering at the bottom."



Bruno & Soonie on DIANA ROSS

"Diana has been a client of ours for thirteen years. Once, a few years ago, she tried something new. We cut her hair into a short, sleek bob. Diana loved it—but only for a temporary change—she considers her naturally curly, cloudlike mass of hair her signature"

HAIR HINTS

Katherine, Diana's double, took these steps to achieve her supercurly coif:

- a revitalizing perm rolled on small rods. To prevent damage to Katherine's partially permed hair, a mild solution was applied to already-permed ends; a regular-strength solution was used on the roots.

- letting hair dry naturally. The key to getting the volume for this dramatic do is to brush hair only after it's *completely* dry.

CLOTHES AND COLOR CUES

Must-dos for head-to-toe showstopping Diana style:

- magnify eyes with smoky shadows, liner and triple coats of black mascara for lush, larger-than-life appeal

- emphasize lips with glossy color in tawny to bold red shades

- choose attention-getting color or fabric: Diana's current faves—red, glitzy lamé and sequins.

- pair long, shapely jackets over minis and trousers.

Jane Fonda's **EASIEST** exercises

Neck stretch Stand with feet slightly more than shoulder width apart, toes straight ahead, hips tucked under. Press head toward right shoulder until you feel a gentle tension in the left side of neck. Keep chin tucked in, look straight ahead; don't rotate body. Hold for fifteen seconds, breathing normally. Slowly rotate head to the left, and press toward left shoulder. Hold for fifteen seconds. Now drop chin toward chest, and slowly roll head to the right, then back to the left. Repeat four times to each side. Roll head back to center, then slowly roll up.

1

N



o more excuses for being out of shape! We flew to Beverly Hills to visit everyone's favorite exercise guru and brought back ten sensational stretches from Jane's newest video, "Start Up With Jane Fonda." This twenty-five-minute routine is perfect for beginners, and it's also a super morning wakeup. The rewards for a daily run-through? Improved flexibility and allover toning. So get going today! (Check with your doctor before beginning this exercise program.)





Arm reach Stand in the same position as the previous exercise, and reach both arms over your head. Keep feet flat on the floor, hips tucked under and abdominal muscles tight. Now reach higher with the right arm, then the left; repeat eight times with each arm. Don't rotate body forward or with your back.

Upper-body warm-up

Stand as before, bring arms forward at shoulder height. Bend elbows so forearms are crossed over each other. Keeping elbows bent, slowly pull arms

straight back until you feel a gentle stretch across chest; return to cross-arm position until you feel stretch between your shoulder blades. Repeat eight times, alternating left and right arms on top for the front cross.

"Start Up with Jane Fonda" is distributed by Lorimar Home Video. Jane Fonda's Workout—Executive V.P., Julie LaFond; Program Director, Daniel Kosich, Ph.D. Hair and makeup by Deborah Howell for Cloutier. Exercise clothes, Dance Basics. Hair tie, Bruno Dessange. Shoes, Capezio. Model, Sabine of L.A. Models.

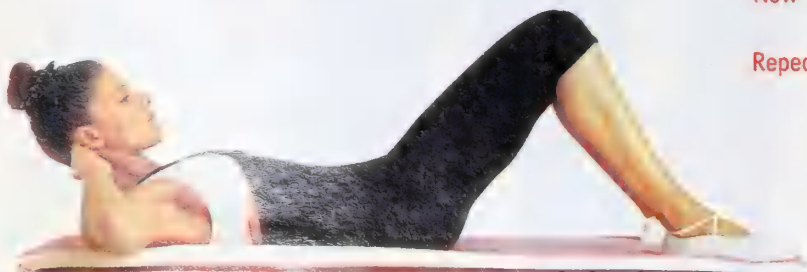
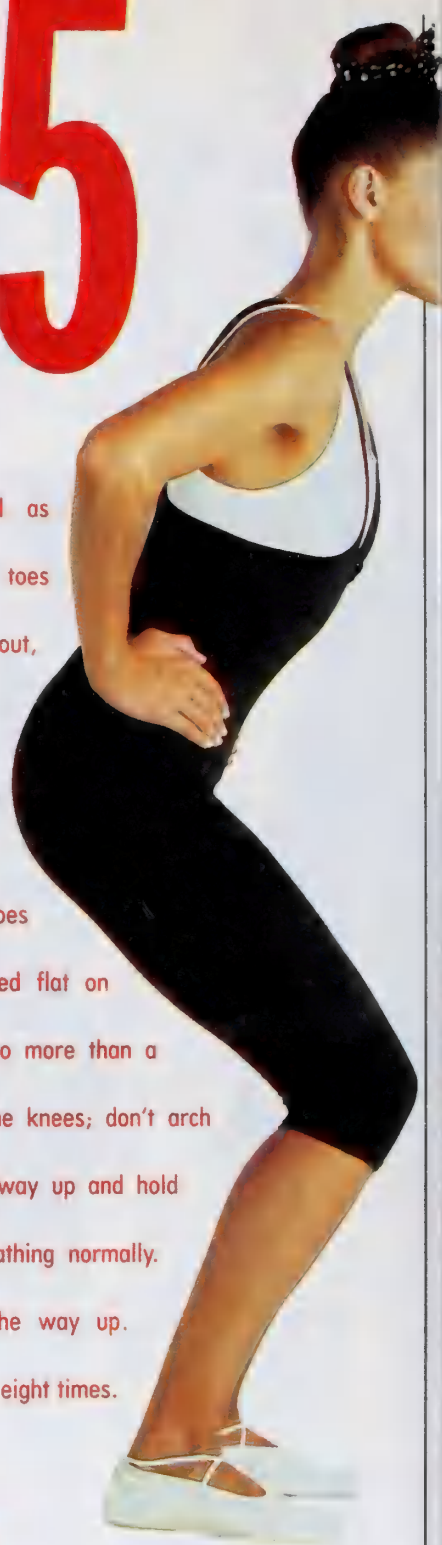
4

Pelvic curls Stand as before, hands on hips. Tighten buttocks as you tuck pelvis under. Hold for two counts, then release only to starting position. *Don't* arch back. Repeat for a count of sixteen curls, breathing normally.



5

Squats Stand as before with toes turned slightly out, hands on hips. Squat slightly, keeping knees directly over toes and heels pressed flat on floor. Bend to no more than a right angle at the knees; don't arch back. Come halfway up and hold four counts, breathing normally. Now come all the way up. Repeat sequence eight times.



Abdominal curl-ups Lie on back as shown with elbows out. Cup fingers around ears. Bring head and shoulders a few inches off mat and curl pelvis toward navel. Now lift up a few more inches until shoulder blades are off the mat. Return to start. Don't pull up on neck. Exhale as you lift; inhale as you lower. Repeat twelve times.

6



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In a crisp white blouse and classic plaid blazer.

Blazer \$68

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Classic reflections of the woman who wears it.

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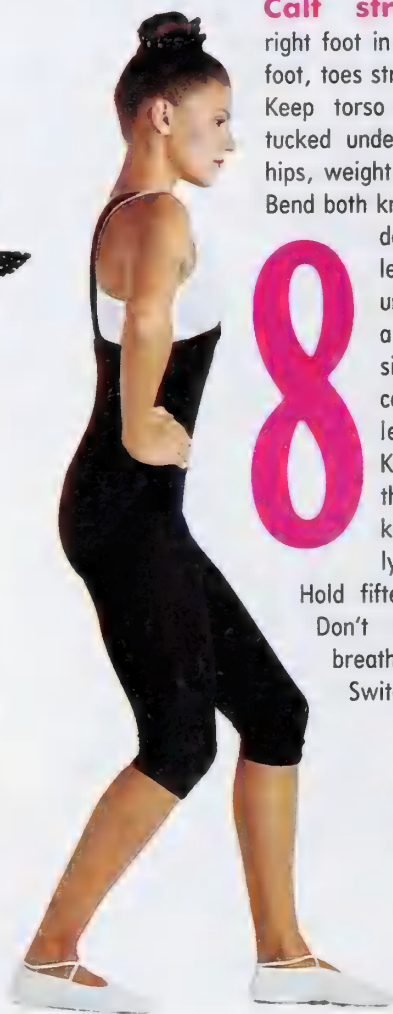
Available at most large stores.
Prices higher in Alaska, Hawaii, and
Puerto Rico.
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7

Side stretch Bending to the left, reach right arm over head and slide left arm down the outside of left leg. Don't rotate torso. Feel stretch on right side of back. Hold fifteen seconds. Breathe normally. Repeat to the right.



8

Calf stretch Put right foot in front of left foot, toes straight ahead. Keep torso erect, hips tucked under, hands on hips, weight on left foot. Bend both knees and "sit down" on the left foot just until you feel a gentle tension in left calf and Achilles tendon. Keep heels on the floor and knees directly over toes. Hold fifteen seconds. Don't arch back; breathe normally. Switch legs.

10

Inner-thigh stretch Sit with soles of feet together, hands on ankles. Bring feet in toward body as far as you comfortably can. Round down over legs to the point of gentle tension in inner thighs. If it hurts, you've gone too far; release a little. Breathe normally and hold stretch fifteen seconds. Round up slowly.



Full stretch Lie

on back as shown, arms over head, legs together. Flex toes toward body as you stretch out arms and torso and press heels in the opposite direction. Don't arch back or hold breath. Hold at the point of gentle tension for fifteen seconds. Release, relax, repeat.

9

WOMAN ESCAPES STRAIGHTJACKET

Dear makers of Dove,

I just had to write to tell you
how terrific I think Dove is.

Before, soap made my face
feel dry, super-tight. My face felt
like it was in a straight-jacket.

After 7 days with Dove, the
transformation was sensational.
It made my face squeaky clean
and still moist, soft and no
straight-jacket tightness!

Gratefully yours,
Sherry D. Treacy
"Another happy
Dove Convert"



Dove® contains 1/4 moisturizing cream.
It won't dry your face like soap.

Our thanks to Sherry Treacy, Taylors, SC
for telling us what that means to her.

(Excerpted from original letter.)

Contadina Fresh Pastas.

Taste the difference freshness makes



cheeses, meats and spices

Then we put our pasta in specially designed containers to seal in the fresh taste.

And date-stamp each package, so you know exactly how fresh.

Finally, we rush it to supermarkets in refrigerated trucks.

We can't think of anybody who goes to so much trouble to make pasta this good.

Then again, we can't think of anybody who makes pasta this good.



In your grocer's refrigerated section

© 1988 Pasta & Cheese, Inc.

If you're like most people, you've tried pasta in every form imaginable. Canned entrees. Frozen dinners. And of course, dried.

But if you really love pasta, there's no substitute for the

kind that's *made* fresh, and kept that way. The kind we make at Contadina Fresh.™

We start with choice natural ingredients, like durum flour, whole eggs, imported

USE BY
JUNE 9



Sample the Mittmans' Homemade Granola, the "21" Club's Crab Cakes, the Neuenswanders' Chipper Sandwich

○ Easy ● Challenging
● Moderate (M) Microwave

N O'KEEFE'S EASY BLUEBERRY MUFFINS

pictured on page 74

can use either fresh or frozen berries. If you use frozen, don't thaw them, bake the muffins 5 minutes more.

Prep time: 15 minutes
Baking time: 25 to 30 minutes

1 1/2 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
2 eggs
1/2 cup milk
1/2 cup butter or margarine, melted
1/2 cups blueberries

Preheat oven to 400°F. Line twelve muffin-pan cups with paper liners.

In a large bowl combine flour, 1/3 cup sugar, baking powder and salt. In another bowl whisk eggs, milk and butter. Add to the flour mixture, stirring until just moistened. Fold in blueberries. Spoon evenly into muffin cups. Sprinkle each with sugar. Bake 25 to 30 minutes, until golden. (Can be frozen ahead. Wrap and freeze up to 1 month. Reheat in microwave on Defrost setting.) Makes 1 dozen.

Nutrition information per serving: 205 calories, 6 g fat, 4 gm protein, 35 gm carbohydrates, 214 mg sodium, 59 mg cholesterol.

MITTMANS' HOMEMADE GRANOLA

pictured above and on page 74

vanilla and maple syrup are the surprising sweeteners in this delicious granola.

Prep time: 10 minutes plus cooling
Baking time: 30 to 45 minutes

1 1/2 cups rolled oats
1 1/2 cups flaked or rolled barley
1/2 cup sesame seed
1/2 cup shredded unsweetened coconut
1/2 cup cinnamon
1/2 cup nutmeg
1/2 cup salt
1/2 cup pure maple syrup

1/2 cup salad oil
1 teaspoon vanilla extract
1 cup raisins

1/2 cup sliced almonds, toasted

Preheat oven to 325°F. In large bowl combine oats, barley, sesame seed, coconut, cinnamon, nutmeg and salt. In another bowl combine maple syrup, oil and vanilla. Drizzle over dry ingredients, stirring to coat. Spread evenly into a 15 1/2 x 10 1/2-inch jelly-roll pan. Bake 30 to 45 minutes, stirring every 10 minutes, until golden. Stir in raisins and almonds. Turn off oven. Let stand 5 minutes. Cool. Serve with yogurt and fresh fruit. Makes 10 cups.

Nutrition information per 1/2 cup: Without yogurt or fruit, 295 calories, 11 gm fat, 7 gm protein, 45 gm carbohydrates, 20 mg sodium, 0 mg cholesterol.

LOVELESS CAFE'S BISCUITS

pictured on page 74

To make flaky, tender biscuits, always handle the dough as little as possible.

Prep time: 15 minutes
Baking time: 10 to 12 minutes

1/2 cup shortening
4 cups self-rising flour
1 1/3 cups buttermilk

Preheat oven to 425°F. Grease 2 cookie sheets. In large bowl with pastry blender or 2 knives, cut shortening into flour until mixture resembles coarse crumbs. Add buttermilk, stirring with a fork until dough is moist enough to hold together. On lightly floured surface knead dough 4 to 5 times, until smooth. With lightly floured rolling pin roll dough 3/4 inch thick. Cut with a 2-inch round biscuit cutter. Place on prepared cookie sheets. Reroll scraps and repeat, rolling and cutting more biscuits. Bake 10 to 12 minutes, until golden. Serve warm. Makes 26 biscuits.

Nutrition information per serving: 110 calories, 4 gm fat, 2 gm protein, 15 gm carbohydrates, 221 mg sodium, 1 mg cholesterol.

T.J. CINNAMONS' CINNAMON ROLLS

pictured on page 75

Kansas City was the birthplace of T.J.

a day in the life of THE AMERICAN COOK RECIPES

continued from page 86

Cinnamons, but these old-time treats are a breakfast must all over the country.

Prep time: 45 minutes plus rising
Baking time: 25 to 30 minutes

2 packages active dry yeast
1/2 cup warm water (105°F.-115°F.)
1/3 cup plus 1/2 teaspoon granulated sugar
4 to 5 cups all-purpose flour
1 teaspoon salt
1 cup milk, scalded and cooled to 110°F.
1/3 cup salad oil
2 eggs, at room temperature

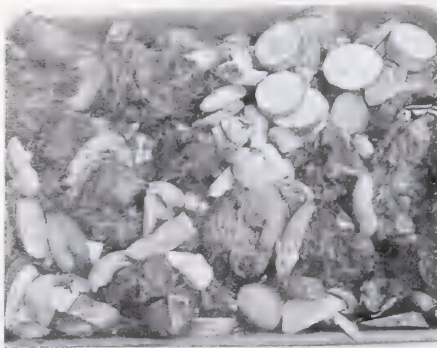
Filling

1/2 cup butter or margarine, softened
1 cup firmly packed brown sugar
1/2 cup granulated sugar
2 tablespoons cinnamon

Icing

1 cup sifted confectioners' sugar
2 to 3 tablespoons warm milk
1 teaspoon vanilla extract

In cup dissolve yeast in water with 1/2 teaspoon sugar. Let (continued)



You'll love Jo Middaugh's Lamb Shanks Italiano, Susan Safronoff's Ice-Cream Pie, and apricot scone

(continued) stand 5 minutes.

In mixer bowl combine 3 cups flour, remaining $\frac{1}{3}$ cup sugar and the salt. At low speed gradually beat in milk, oil, eggs and yeast mixture; beat until well blended. Beat in additional flour (about $1\frac{1}{2}$ cups) until dough pulls away from sides of bowl. On floured surface knead dough until smooth and elastic, 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover and let rise in a warm, draft-free place until doubled in bulk, 1 hour.

Filling: In mixer bowl beat all ingredients until smooth; set aside.

Grease two 9-inch round cake pans. On lightly floured surface roll dough into an 18x10-inch rectangle. Spread with filling. Roll tightly from long side. Cut into fourteen $\frac{1}{4}$ -inch slices. Place 1 roll cut side up in center of each pan. Arrange remaining rolls in a circle of 6 around the center roll. Cover and let rise until doubled in bulk, 30 to 40 minutes.

Preheat oven to 350°F. Bake 25 to 30 minutes, until golden brown. Cool in pans 10 minutes. Invert onto wire racks, then invert again to cool.

Icing: In medium bowl whisk all ingredients until smooth. Drizzle over cooled rolls. (Can be made ahead. Wrap well and freeze up to 1 month. Thaw, wrapped, at room temperature.) Makes 14 rolls.

Nutrition information per roll: 410 calories, 14 gm fat, 6 gm protein, 67 gm carbohydrates, 250 mg sodium, 60 mg cholesterol.

SUSAN VAWTER'S CURRIED CHICKEN CHUTNEY SALAD

pictured on page 75

You can also use cooked turkey in this light, versatile salad.

Total prep time: 30 minutes

- 1 cup mayonnaise
- $\frac{3}{4}$ cup mango chutney, chopped
- 2 teaspoons curry powder
- 2 pounds cooked chicken breast, cubed
- $1\frac{1}{2}$ cups thinly sliced celery
- Freshly ground pepper
- 3 cantaloupes, halved and seeded

Condiments: Toasted cashews, cooked and crumbled bacon, raisins, minced green onions, minced red and green pepper, toasted shredded coconut

In bowl combine mayonnaise, chutney and curry powder. Stir in chicken, celery and pepper to taste. Spoon into cantaloupe halves. Serve condiments on the side. Makes 6 servings.

Nutrition information per serving: 695 calories, 35 gm fat, 50 gm protein, 46 gm carbohydrates, 439 mg sodium, 150 mg cholesterol.

BROWN-BAG HAM 'N' CHEESE

Buy the best quality ham you can find for a classy version of a classic.

Total prep time: 10 minutes

- 1 tablespoon butter or margarine, softened
- 2 teaspoons prepared pesto sauce
- 2 slices pumpernickel bread
- 1 slice fresh mozzarella cheese, $\frac{1}{4}$ inch thick
- 2 strips roasted red pepper, $\frac{1}{2}$ inch wide
- 1 slice ham or prosciutto (1 oz.)

Spread butter or margarine, then pesto, on bread. Cover 1 bread slice with mozzarella, red pepper strips and ham or prosciutto; top with remaining bread slice. Wrap well. Makes 1 sandwich.

Nutrition information per serving: 480 calories, 27 gm fat, 26 gm protein, 37 gm carbohydrates, 1,483 mg sodium, 89 mg cholesterol.

BROWN-BAG TURKEY TORTILLAS

If you have a microwave at your office, zap this for a nice change in a bring-your-own lunch.

Prep time: 10 minutes

Microwave time: 1 minute

- 2 slices (1 oz. each) cooked turkey
- 2 large flour tortillas
- $\frac{1}{2}$ cup shredded jalapeño-jack cheese
- $\frac{1}{2}$ cup shredded iceberg lettuce
- $\frac{1}{2}$ medium tomato, diced

Place turkey slices on tortillas. Sprinkle evenly with cheese, then lettuce, leaving a 1-inch border. Arrange tomatoes down the center. Fold tortillas in thirds and wrap in plastic wrap.

Heat wrapped tortillas in microwave on High 30 seconds. Rotate a half turn; microwave 30 seconds more.

Makes 1 serving.

Nutrition information per serving: 505 calories, 37 gm fat, 37 gm protein, 39 gm carbohydrates, 35 mg sodium, 89 mg cholesterol.

PALM-AIRE SPA'S SMOKED DUCK SALAD

Palm-Aire is the place where Elizabeth Taylor began her weight-loss regimen.

Total prep time: 40 minutes

- $\frac{1}{2}$ cup unsweetened pineapple juice
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{2}$ to 1 whole minced serrano or jalapeño
- 2 teaspoons minced garlic
- 1 teaspoon grated ginger
- 1 teaspoon white wine vinegar
- $\frac{1}{2}$ teaspoon Oriental sesame oil
- Freshly ground pepper

- 6 cups shredded green or Napa cabbage or bok choy (outer leaves reserved)
- 1 cup sliced green onions
- 1 cup diced fresh pineapple
- $\frac{1}{2}$ cup julienned green pepper
- $\frac{1}{2}$ cup julienned red pepper
- $\frac{1}{2}$ cup sliced water chestnuts, drained
- 1 pound smoked duck or chicken breasts or poached boneless, skinless chicken breasts, sliced thin

1 teaspoon toasted sesame seed

Dressing: In large bowl combine ingredients.

Add shredded cabbage or bok choy, green onions, pineapple, peppers, water chestnuts to dressing; toss.

Arrange reserved cabbage leaves on a platter. Arrange meat on top. Place salad in center. Garnish with sesame seed. Makes 6 servings.

Nutrition information per serving: 145 calories, 18 gm fat, 18 gm protein, 15 gm carbohydrates, 70 mg sodium, 24 mg cholesterol.

PALM-AIRE SPA'S POACHED PEAR WITH RASPBERRY SAUCE

pictured on page 76

A very satisfying dessert for nondieters too. The secret: the vanilla and the

Prep time: 20 minutes plus cooling
Cooking time: 20 minutes

- 3 cups water
- $\frac{1}{2}$ orange, sliced
- 1 vanilla bean

(continues)

The best things come to those who loaf.



RED MAGIC MEAT LOAF

1½ pounds lean ground beef
1 cup soft bread crumbs
⅓ cup Heinz Tomato Ketchup
¼ cup chopped onion
1 egg, slightly beaten
½ teaspoon salt
⅛ teaspoon pepper
¼ cup Heinz Tomato Ketchup
¼ cup drained crushed pineapple

Combine first 7 ingredients. Form into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 40 minutes. Combine the ¼ cup ketchup with pineapple; spoon over loaf. Bake 30 minutes longer. Let stand 5 minutes before slicing. Makes 6 servings.

For a free 20-page recipe booklet, write: Ketchup Recipe Collection, P.O. Box 1226, Boston, MA 02277-1226





Rich, buttery taste • Fewer calories • No cholesterol

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AMERICAN COOK

continued

- 1 tablespoon sugar
- 3 orange spice tea bags
- 2 pears, peeled
- 2 kiwifruit, peeled and sliced

Raspberry Sauce

- ½ pint raspberries, divided
- 1 tablespoon orange juice
- 1 tablespoon cranberry juice cocktail
- 1 tablespoon sugar

In saucepan heat water, orange, vanilla bean and sugar to boiling. Remove from heat and add tea bags; cover and steep 5 minutes. Remove tea bags and return tea mixture to a simmer. Add pears and simmer 20 minutes, turning pears occasionally. Transfer pears and liquid to a large bowl; cool.

Cut pears in half lengthwise and core. Cut slits in each half and fan out on a serving plate. Place a kiwi slice between pear slices. Serve with Raspberry Sauce. Makes 4 servings.

Nutrition information per serving: 93 calories, 1 gm fat, 1 gm protein, 25 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

Raspberry Sauce: Reserve ½ cup raspberries. In blender puree remaining raspberries, orange juice, cranberry juice and sugar; strain. Fold in whole raspberries. Makes 1 cup.

Nutrition information per tablespoon: 10 calories, 0 gm fat, 0 gm protein, 2 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

"21" CLUB'S CRAB CAKES

pictured on page 78

Whip up a batch of these for your own power lunch.

Prep time: 40 minutes plus chilling

Cooking time: About 10 minutes

- 2 teaspoons olive oil
- ¼ cup chopped red pepper
- ¼ cup chopped yellow pepper
- 2 egg whites
- ½ cup fresh bread crumbs
- 1 pound lump crabmeat, picked over
- ¼ cup mayonnaise
- ¼ cup chopped cilantro
- ¼ cup chopped parsley
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced jalapeño chili
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon Old Bay seasoning
- ½ teaspoon ground red pepper
- ¼ cup all-purpose flour
- ¼ cup heavy or whipping cream
- ½ cup unflavored dry bread crumbs
- ¼ cup butter

Horseradish Mustard Cream (recipe follows)

In small skillet heat olive oil. Add red and yellow peppers; sauté until tender,

10 minutes. Set aside. In large bowl combine egg whites and fresh bread crumbs. Add crabmeat, mayonnaise, cilantro, parsley, lemon juice, jalapeño, seasonings and reserved pepper mix well. Refrigerate 30 minutes.

Shape ½ cup crab mixture into 1-inch-thick patty; repeat to make 6 patties. Sprinkle with flour and brush with cream; coat with dry bread crumbs.

In skillet melt butter over medium heat. Cook crab cakes until golden, about 5 minutes per side. Serve with Horseradish Mustard Cream. Make 6 servings.

Nutrition information per serving: 330 calories, 19 gm fat, 19 gm protein, 14 gm carbohydrates, 71 mg sodium, 116 mg cholesterol.

HORSERADISH MUSTARD CREAM

This also goes great with pan-fried fish.

Prep time: 5 minutes

Cooking time: 45 minutes

- ½ cup chopped onion
- ¼ teaspoon thyme
- 1 teaspoon fresh cracked white pepper
- 1 cup white wine
- 2 bottles (8 oz. each) clam juice
- 1 cup heavy or whipping cream
- 1 tablespoon coarse mustard
- 1 tablespoon horseradish

In saucepan combine onion, thyme,

per, wine and clam juice. Bring to a boil; reduce heat to medium-high and cook until reduced to 1 cup. Add cream and cook until reduced to 1½ cups. Strain through a sieve. Add mustard and horseradish. Makes 1¼ cups.

Nutrition information per tablespoon: 45 calories, 4 gm fat, 0 gm protein, 1 gm carbohydrates, 65 mg sodium, 16 mg cholesterol.

NEUENSWANDERS' CHIPPER SANDWICHES

pictured on page 179

S. Neuenswander prefers to avoid caffeine by using carob rather than chocolate chips. If you have no objections, chocolate can be substituted.

Prep time: 35 minutes plus cooling
Baking time: 12 to 15 minutes

1 cup all-purpose flour
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon salt
1 cup margarine
1 cup granulated sugar
1 cup firmly packed brown sugar
2 eggs

1 teaspoon vanilla extract
1 teaspoon water

1 cup carob chips
1 cup chopped nuts

1 pint vanilla ice cream, softened

Preheat oven to 350°F. In medium bowl combine flours, baking soda and salt; set aside. In mixer bowl cream margarine and sugars. Beat in eggs, vanilla and water. Beat in dry ingredients just until combined. Stir in chips and nuts.

Drop dough by rounded teaspoonfuls on ungreased cookie sheets. Bake 12 to 15 minutes. Transfer to wire racks to cool completely.

Spread a heaping tablespoon ice cream on 1 cookie; top with another cookie. Repeat. Makes 2 dozen.

Nutrition information per serving: 276 calories, 16 gm fat, 4 gm protein, 30 gm carbohydrates, 167 mg sodium, 54 mg cholesterol.

SHERIDANS' CARROT CAKE

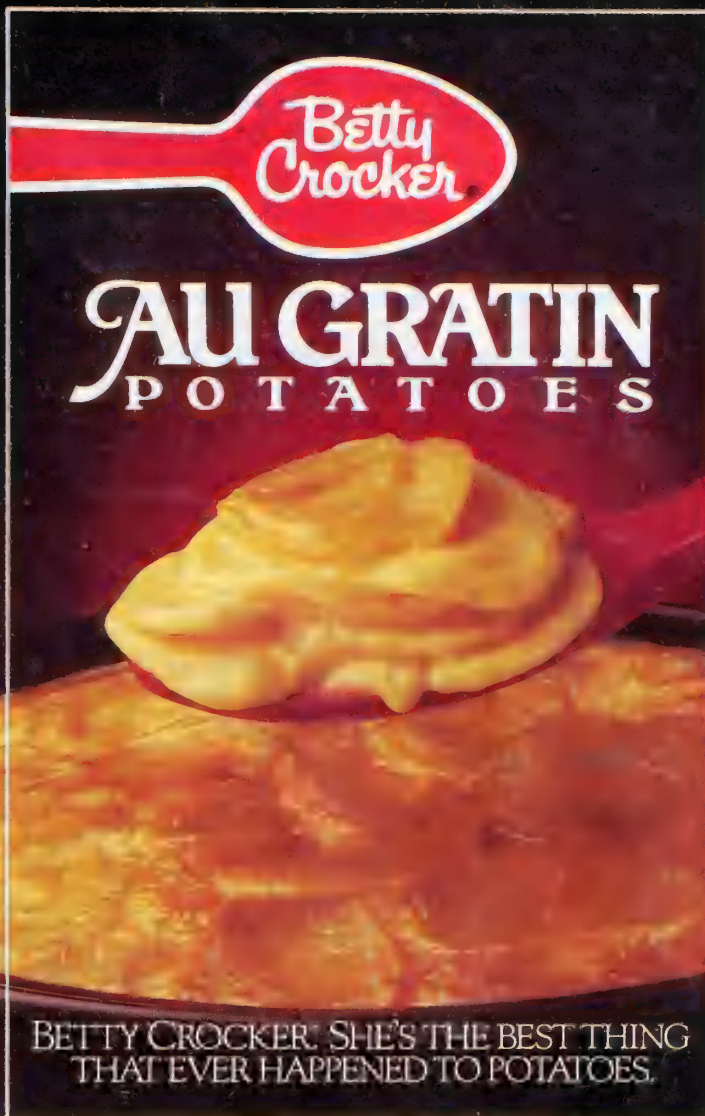
pictured on page 80

Sheridans couldn't tell us how long this cake keeps—it never lasts more than a few hours in their house.

Prep time: 45 minutes
Baking time: 40 to 50 minutes

1 cup raisins
1 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup sugar
1 cup salad oil
2 eggs
1 teaspoon vanilla extract
1 cup shredded carrots
1 cup chopped walnuts

SAVOR THE BAKED-IN GOODNESS.



Betty Crocker

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½ cup drained crushed pineapple

In small bowl pour boiling water over raisins; let stand 20 minutes. Drain.

Meanwhile, preheat oven to 350°F. Grease a 13x9-inch baking pan. In medium bowl combine flour, baking soda, cinnamon and salt; set aside.

In large bowl combine sugar and oil. Beat in eggs and vanilla. Stir in flour mixture. Stir in carrots, walnuts, pineapple and raisins. Pour into prepared pan. Bake 40 to 50 minutes, until toothpick inserted in center comes out clean. Cool in pan on a wire rack. Makes 16 servings.

Nutrition information per serving: 350 calories, 20 gm fat, 5 gm protein, 38 gm carbohydrates, 264 mg sodium, 51 mg cholesterol.

BETTY CAROL GILBERT'S VIDALIA ONION CASSEROLE

pictured on page 80

If you can't find Vidalia onions, other sweet onions such as Maui, Bermuda or Walla Walla will do.

Prep time: 10 minutes
Baking time: 25 minutes

1 pound Vidalia onions, sliced and separated
1 egg, beaten
1 cup heavy or whipping cream
¾ teaspoon salt
½ teaspoon freshly ground pepper
½ cup shredded sharp Cheddar cheese
Paprika

Preheat oven to 350°F. In medium saucepan combine onions with water to cover. Bring to a boil; boil 1 minute. Drain. Transfer to an 8-inch square baking dish. In bowl combine egg, cream, salt and pepper; pour over onions. Sprinkle with cheese, then paprika. Bake 25 minutes. Makes 6 servings.

(continued)

AMERICAN COOK

continued

Nutrition information per serving: 215 calories, 19 gm fat, 5 gm protein, 7 gm carbohydrates, 361 mg sodium, 110 mg cholesterol.

VIRGINIA GILBERT PERRIN'S EASY BAKED SQUASH

Dieters can substitute low-fat yogurt for the sour cream.

Prep time: 15 minutes

Baking time: 20 minutes

- 2 pounds yellow summer squash, sliced thin
- 2 onions, sliced thin and separated

- 4 eggs, beaten
- 1 cup sour cream
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup shredded Cheddar or Swiss cheese

Preheat oven to 350°F. On steamer rack set over boiling water in a saucepan, steam squash and onions until tender, 8 minutes. Transfer to a 13x9-inch baking dish. In bowl whisk eggs, sour cream, salt and pepper. Pour over squash. Sprinkle cheese on top. Bake 20 minutes. Makes 8 servings.

Nutrition information per serving: 190 calories, 14 gm fat, 9 gm protein, 8 gm carbohydrates, 415 mg sodium, 165 mg cholesterol.

EVERYDAY CHINA



CHOW MEIN

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COMPANY CORNBREAD

A delicate balance between spoon and cornbread.

Prep time: 5 minutes

Baking time: 45 to 50 minutes

- 2 eggs, beaten
- ¼ cup salad oil
- 1 cup sour cream
- 1 cup cream-style corn
- 1 cup white cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt

Preheat oven to 350°F. Grease a round cake pan; set aside. In medium bowl whisk eggs, oil and sour cream. Stir in corn, then remaining ingredients. Pour into prepared pan and bake 45 to 50 minutes, until golden. Cool. Makes 12 servings.

Nutrition information per serving: 150 calories, 12 gm fat, 8 gm protein, 14 gm carbohydrates, 54 mg cholesterol.

ANN TRACY'S MICRO BEEF ROAST

pictured on page 81

Ann also uses the herb seasoning for burgers and steaks.

Prep time: 5 minutes

Microwave time: 42 to 45 minutes

- 2½ pounds beef rib eye roast, tied

Herb Seasoning Mix

- 2 tablespoons flour
- 1 tablespoon Italian seasoning, crushed
- 1 tablespoon salt
- 1½ teaspoons paprika
- ¾ teaspoon freshly ground pepper

Rub roast with 2½ teaspoons herb seasoning mix. Place fat side down in microwaveproof rack in microwaveproof dish. Cover with wax paper. Microwave on Medium-Low (30% power) 21 minutes. Rotate dish a quarter turn and invert roast. Cover and microwave 21 to 23 minutes more or until thermometer inserted in center of roast reaches 135°F. for medium-rare. Stand 10 minutes before carving. Makes 6 servings.

Nutrition information per serving: 405 calories, 35 gm fat, 35 gm protein, 1 gm carbohydrates, 114 mg cholesterol.

Herb Seasoning Mix: In small bowl combine all ingredients. Makes ½ cup.

ANN TRACY'S ROASTED POTATOES

pictured on page 81

While the beef is in the microwave, potatoes roast in the conventional oven.

Prep time: 10 minutes

Baking time: 25 minutes

- 3 baking potatoes, sliced ¾ inch thick
- ¼ cup butter or margarine, melted
- 1 garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1/2 teaspoon thyme
heat oven to 450°F. Arrange potatoes in a jelly-roll pan. In bowl combine butter, garlic, salt, pepper and me; drizzle over potatoes. Bake 25 minutes. Makes 4 servings.

Nutrition information per serving: 230 calories, 12 g fat, 4 gm protein, 29 gm carbohydrates, 403 mg sodium, 31 mg cholesterol.

RLES LEVINE'S POACHED SEA SCALLOPS DAIKON SLICES

pictured on page 82

Daikon is a white radish available in oriental markets. Peel the radish, then slice thin.

Prep time: 35 minutes plus chilling

1 pound sea scallops
1/2 cup fresh lemon juice
1/2 cup cilantro leaves
1/2 cup olive oil
1/2 tablespoon Dijon mustard
1 garlic clove, crushed
2 tablespoons grated lemon peel
1/2 teaspoon coriander
Salt

About 30 thin slices daikon
1/2 pound tomato diced fine
In medium saucepan bring 1 quart salted water to a boil. Add scallops, reduce heat and simmer 3 to 4 minutes. Drain scallops; cool.

In a blender combine lemon juice, cilantro, olive oil, mustard, garlic, lemon peel, coriander and salt to taste; process until smooth. Transfer to a glass bowl and stir in scallops. Cover and refrigerate 2 hours.

Place each scallop on a daikon slice. Secure with a toothpick and arrange on a serving tray. Sprinkle with tomato. Makes about 30 appetizers.

Nutrition information per serving: 20 calories, 0 gm fat, 1 gm protein, 1 gm carbohydrates, 28 mg sodium, 0 mg cholesterol.

IN CARR'S POACHED LEEKS WITH CAVIAR

Leeks can be cooked ahead of time and assembled at the last minute.

Prep time: 15 minutes

Cooking time: 10 to 15 minutes

1 medium-large leeks, white part only
1/2 cup sour cream
1/2 teaspoon anise-flavored liqueur
1/2 tablespoons chopped dill
Salt and freshly ground pepper
1/2 slices party rye bread
1/2 tablespoons caviar

In medium saucepan bring 2 inches salted water to a boil. Add leeks. Reduce heat to a simmer; cover and cook until tender, 10 to 15 minutes. With a slotted spoon transfer leeks to a bowl of ice water; cool 15 minutes. (Can be prepared ahead. Refrigerate up to 6 hours.) Meanwhile, in small bowl combine sour cream, liqueur, dill, and salt and

pepper to taste. Set aside.

With a sharp knife slice leeks diagonally 1/2 inch thick. Spread dill cream on bread slices. Quarter each slice and top with a leek slice and 1/4 teaspoon caviar. Makes 2 dozen.

Nutrition information per serving: 35 calories, 1 gm fat, 1 gm protein, 6 gm carbohydrates, 69 mg sodium, 9 mg cholesterol.

SUSAN SAFRONOFF'S MINT-CHOCOLATE CHIP ICE-CREAM PIE

pictured on page 180

If you like Girl Scout chocolate mint cookies, you'll love this pie.

Total prep time: 15 minutes

8 ounces chocolate sandwich cookies, crushed
2 tablespoons butter or margarine, melted
1 quart mint-chocolate chip ice cream, softened

1/2 cup hot fudge sauce

1 container (4 oz.) nondairy whipped topping
Chocolate sprinkles

In medium bowl combine crushed cookies and butter. Press into an 9-inch pie plate. Spread evenly with ice cream. Cover and freeze overnight.

One half hour before serving, unwrap pie and spread top with hot fudge sauce, then whipped topping and chocolate sprinkles. Freeze 30 minutes. (Can be made ahead. (continued)



FLANK STEAK ORIENTALE

1/2 cup scallions
1/4 cup La Choy® Soy Sauce
1/4 cup dry sherry or chicken broth
2 Tbsp. peanut or vegetable oil
1 tsp. sugar
1/2 tsp. garlic powder
1/4 tsp. pepper
1 1/2 lbs. flank steak, pounded to 1/2" thick
1 (8 oz.) can La Choy Sliced Water Chestnuts, drained
1 (8 oz.) can La Choy Bamboo Shoots, drained
1/2 cup each: julienne-cut carrots and celery
wooden picks

In 11"x7"x2 1/2" baking dish, combine first 7 ingredients. Add steak, turning once to coat. Cover and marinate 40 minutes. In bowl, combine remaining ingredients. Remove steak from marinade. Spread half of vegetables over entire surface of steak. Starting with one long side, roll steak, jelly roll fashion, with the grain. Secure with wooden picks. Place stuffed steak back in baking dish and place remaining vegetables around the sides of meat. For medium steak, bake at 375°F for 1 hour. Baste twice during baking. Slice. Serve over noodles or rice. Serves 6-8.

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AMERICAN COOK

continued

Cover and freeze up to 1 month.) Makes 10 servings.

Nutrition information per serving: 350 calories, 19 gm fat, 4 gm protein, 42 gm carbohydrates, 217 mg sodium, 31 mg cholesterol.

JO MIDDAGH'S LAMB SHANKS ITALIANO

pictured on page 84

Jo's family always served lamb for Sunday dinner when she was a child, and it has remained a favorite of hers.

Prep time: 30 minutes

Cooking time: 3 hours

- 8 lamb shanks, 1 lb. each
- 3 tablespoons olive oil
- 3 cups chopped onions
- 2 garlic cloves, minced
- 3 teaspoons salt, divided
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 1 teaspoon basil
- ½ teaspoon freshly ground pepper
- 1½ cups beef broth
- 1½ cups red wine
- 1 can (6 oz.) tomato paste
- 5 medium zucchini, sliced diagonally
½ inch thick
- 2 packages (9 oz. each) frozen artichoke hearts, thawed

Preheat broiler. Arrange shanks on broiler pan and broil, turning until all

sides are browned. Set aside.

In medium skillet heat oil over medium heat. Add onions and sauté until golden, 7 to 8 minutes. Stir in garlic, 1½ teaspoons salt, the oregano, rosemary, basil and pepper; cook 2 minutes.

Preheat oven to 325°F. In large roasting pan combine onion mixture, beef broth, wine, tomato paste and lamb shanks. Cover with foil and roast 2½ hours.

In bowl toss zucchini with remaining 1½ teaspoons salt; stir into lamb with artichokes. Cover and roast 30 minutes more. Makes 8 servings.

Nutrition information per serving: 465 calories, 30 gm fat, 32 gm protein, 18 gm carbohydrates, 1,320 mg sodium, 106 mg cholesterol.

CHEF MATNEY'S SEAFOOD PASTA

pictured on page 86

Why does Phoenix chef Eddie Matney love seafood so much? Why, he hails from Boston, of course.

Prep time: 20 minutes

Cooking time: 30 minutes

- 1 tablespoon butter
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- ¾ cup white wine
- 2 cups heavy or whipping cream
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ½ teaspoon white pepper

- ½ teaspoon freshly ground pepper
- 12 cherrystone clams, cleaned and scrubbed
- 12 mussels, cleaned and scrubbed
- large shrimp, peeled and deveined
- 6 ounces sea scallops
- ½ cup chopped, seeded tomato
- 2 tablespoons chopped parsley
- 8 ounces spinach angel-hair pasta, cooked according to package directions

In large skillet melt butter over medium heat. Add shallots and garlic; sauté 2 minutes. Increase heat to medium-high. Add wine and cook until reduced to ½ cup, about 5 minutes. Add crushed tomatoes, Worcestershire sauce, salt and pepper; reduce sauce to 1½ cups, stirring occasionally, about 10 minutes. Add clams; cover and cook 3 minutes. Add mussels and cook covered 2 minutes. Stir in shrimp, scallops, tomato and parsley. Cook covered 3 to 5 minutes until seafood is cooked. Discard unopened clams or mussels. Serve pasta. Makes 4 servings.

Nutrition information per serving: 800 calories, 45 gm fat, 34 gm protein, 50 gm carbohydrates, 450 mg sodium, 309 mg cholesterol.

STEAMERS' BLACKENED MUSSELS WITH TOMATO, GARLIC AND SAFFRON SAUCE

Steamers serves this as an appetizer. It's a bed of coarse or kosher salt.

Prep time: 35 minutes

Cooking time: 35 to 40 minutes

- 2 tablespoons extra-virgin olive oil
- 1 green onion, diced
- ¼ cup diced red onion
- ¼ cup diced green pepper
- 1 tablespoon minced garlic
- 1 tablespoon minced shallot
- 1 can (14½ oz.) whole tomatoes
- 1 cup clam juice
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ¼ teaspoon dried basil
- ¼ teaspoon freshly ground pepper
- Pinch saffron
- 16 large mussels, steamed
- 1 teaspoon blackening spice mix (see note)

Coarse or kosher salt

Grated lemon peel and parsley, for garnish

In large skillet heat oil over medium heat. Add onions, green pepper, garlic and shallot; sauté until soft, about 5 minutes. Add tomatoes, breaking them up with a fork, clam juice, oregano, thyme, basil and pepper. Simmer until sauce is reduced to 1½ cups, 20 to 30 minutes. Add saffron and keep warm.

Meanwhile, remove mussels from shells and reserve 16 shells. Heat heavy, cast-iron skillet over high heat until smoking. Place blackening spice mix in a small bowl. Dip each mussel in mix to coat lightly. Add (continues)

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TRAVEL JOURNAL

MAGNIFICENT LAND: ALBERTA AND THE CANADIAN ROCKIES

All the mountains have names here. There's Castle Mountain, grim and forbidding, with sheer walls and battlement-shaped projections on top; Cirrus Mountain, "the cruise ship of the Rockies," with a prow and smokestacks; Pyramid Mountain, shaped like its namesake; Mount Edith Cavell, named after the heroic World

War I nurse, and—of course—Mount Robson, the highest peak (12,972 feet) in the Canadian Rockies. In between the mountains are valleys and glaciers, rivers and lookout points: Athabasca Valley, Angel Glacier, Elbow River, Goat Lookout, Dinosaur Point.

The province of Alberta, Canada, boasts some of the most glorious scenery in North America. Situated between British Columbia and Saskatchewan, it is also home to two large cities—Edmonton and Calgary—as well as two of Canada's most famous national parks—Jasper and Banff. Within the parks is the Colum-

bia Icefield, made up of miles of sheer glacial ice, and the meandering, well-paved Icefield Parkway. Edmonton, Alberta's capital (population 576,000), is located on the prairie, approximately two hundred fifty miles away from the Rockies. Situated near the North Saskatchewan River, the city is conveniently laid out in grid fashion and has high-rises connected by overhead walkways.

Edmonton's attractions include the Edmonton Art Gallery and the Martart Conservatory, but the most popular tourist spot is the West Edmonton mall, a one-and-a-half-mile-long com-

plex that's both a shopping center and an amusement park. Built to the tune of \$1.1 billion by an Iranian family and completed in 1985, it's the only structure of its kind in the world. Visitors often come to Alberta for the sole purpose of spending a mini-vacation at the mall.

one water slides, a triple-loop roller coaster, a re-created Bourbon Street (of New Orleans fame), and an oversized ice-skating rink where the Edmonton Oilers practice. An average 400,000 people visit the mall each year.

Five hotels are affiliated with the West Edmonton mall; one in particular seems to fit the complex's spirit: the Fantasyland Hotel. Many of the rooms are themed, including the Victorian Coach rooms, where visitors sleep in beds pulled by horses, the Truckee rooms, the Polynesian rooms, the Hollywood Nightclub rooms, the Classic Roman rooms and the "1001 Nights

Arabian rooms. The rooms are equipped with Jacuzzis and multiple mirrors.

From Edmonton to the Rockies is a four-hour drive past prairie and farmland, or a forty-five-minute plane ride. Calgary, located in the foothills of the Canadian Rockies, is Edmonton's most serious rival. Though slightly larger (population, 647,285) than Edmonton, with its own share of high-rises and attractions, it nonetheless has a real cowboy reputation and feel. The Calgary Exhibition and Stampede, a gigantic rodeo, is held every July, drawing visitors from around the world.



They must be having something special at David's home.

plex that's both a shopping center and an amusement park. Built to the tune of \$1.1 billion by an Iranian family and completed in 1985, it's the only structure of its kind in the world. Visitors often come to Alberta for the sole purpose of spending a mini-vacation at the mall.

The mall boasts over eight hundred stores and services, 110 eating establishments, a night club, a bingo hall, a chapel, a mini-golf course, art galleries, underwater submarines, dolphins, sharks, aviaries, a replica of Christopher Columbus' sailing ship, the *Santa Maria*, a gigantic wave pool, twenty-

Arabian rooms. The rooms are equipped with Jacuzzis and multiple mirrors.

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Calgary's other claim to fame is this year's Winter Olympics. The Olympic Park—constructed on the city's twenty-year-old ski area—is open year-round. Take a look at the jumps, or during the winter, treat yourself to a one-minute bobsled ride with a professional driver and brakeman for a mere \$100.

Just northwest of Calgary is Banff National Park, Canada's oldest park; it had its beginnings in 1887. Craggy mountains capped with snow loom everywhere, each more spectacular than the last.

At the heart of the park is the resort

is one of the most frequently photographed spots in the world. At one end sits the Chateau Lake Louise, a modern 530-room structure built to resemble a Swiss chalet.

Of all the sights in the park (after the mountains, that is), it is the Columbia Icefield that is most remarkable. The largest sheet of ice in North America outside of the Arctic Circle, it's composed of one main ice field and six major glaciers. Over one thousand feet in depth, it is gradually receding.

Banff shares the Columbia Icefield with Jasper National Park, Canada's second-largest national park, founded

it lingers over the park. Things seem wilder and woolier than in Banff.

The town of Jasper is tiny and provincial, built on the edge of railroad tracks. Not far away is the delightfully isolated Jasper Park Lodge, which dates back to 1923. Today, the lodge, on the shores of a lake, is a highlight of the park, made up of private cabins that may look rustic on the outside but are pure luxury within.

For reservations at the above hotels, except the Fantasyland, call Canadian Pacific Hotels Ltd. at 800-828-7447. The following rates are given in U.S. dollars: At Banff they start at about

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n of Banff, which is surrounded by mountains. Through its center runs the Bow River, so named because the Cree Indians once found the trees growing along its banks suitable for making of bows. The Bow is now known for its fishing, hiking and backcountry riding. On the edge of town is the castle-like Banff Springs Hotel—Majestic and legendary (it dates back to 1888), the hotel unfortunately a bit worn around the edges.

To the north is Lake Louise, another Banff legend. Sparkling, emerald green and almost perfectly round, it sits at the base of Victoria Glacier and

in 1907. The mountains here are even more breathtaking than in Banff, and the entire park is dotted with blue and green lakes of all shapes and sizes. The glacier-fed lakes get their exquisite color from glacier silt swirling through their waters and reflecting the sunlight. A great way to view them is by taking the Jasper Tramway to the top of Whistlers Mountain.

Like Banff and the rest of Alberta, Jasper was discovered by voyagers for the Northwest Company, who arrived here in the early 1800s. It was named after Jasper Hawes, an early fur trader, and some of that early frontier spir-

\$128/double, and at Lake Louise, \$88/double, breakfast included. Rates at Jasper begin at about \$197/double, breakfast and dinner included.

For Fantasyland Hotel, call 403-436-7966 collect. Rates for a themed room start at about \$130/double or single.

Also recommended is the sophisticated Palliser Hotel in Calgary, where rates start at approximately \$105/double, breakfast included.

For more information, contact Travel Alberta, Vacation Counseling, 15th floor, 10025 Jasper Avenue, Edmonton, Alberta, Canada T5J 3Z3; phone: 800-661-8888. —CHRISTIANE BIRD

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GREEN THUMB JOURNAL

Pesky problems

Pestered by pests that won't go away? You may not have identified the ailment correctly. For example, the yellowing of a plant's leaves can be caused not only by aphids but also by spider mites, disease, improper fertilization, lack of water, nematodes and other problems. Perhaps the remedy you're using, therefore, may not be effective against the real problem. When in doubt, see an expert for help. Your local county extension agent can assist you.

Your pest may not necessarily be a serious problem. Garden crops are not always badly damaged by occasional holes or spots in the foliage, and not all garden insects are harmful. Professional growers treat their crops only when a damage threshold is reached.

You don't always need pesticides to control insects. Here are some alternatives to chemicals:

- Mulch your garden to control weeds.
- Set baited traps to catch slugs, snails and mice.
- Spray aphids and spider mites off plants with water.
- It's important to keep your garden clean. Remove all weeds and debris around the plants.
- To control fleas, vacuum thoroughly around areas where your pets spend the most time.
- Did you know that a toad can work magic in your garden? In three months it can eat up to 10,000 insects! It sleeps during the day and wages war against bugs at night. A toad becomes an adult in one season but waits to mate until age two or three.

Since toads are self-reliant, they require little to keep them healthy and happy. Dampened stones or moist clay pots kept in a cool, quiet corner of the garden will do nicely. Toads can't tolerate pesticides in their food, so avoid spraying near their area. I think every garden should have a toad!

If you do use a chemical pest control, choose the correct one for your situation. No fungicide, herbicide or insecticide will kill all diseases, weeds or insects. Just as you would buy the proper medicine for an illness, select a chemical made specifically for the pest you want to control. Accurate application is also important; the chemical should go where the pest is (such as the undersides of foliage, for aphids).

Timing may be the key. Weeds and insects are usually easier to control when they're tiny than when they're large and tougher. Fungicide may

need to be applied to tomatoes or ro before foliage disease occurs, or insecticides to plants before borers enter them. Treatment after the damage done is often useless, since the infestation is well under way.

Don't mix more spray than you need and don't spray unnecessarily. You can kill off beneficial insects this way and thus invite the pests that would otherwise have been eaten.

How do you prevent future pest invasions? One good—and simple—method is to remove all old annual plants and debris after the harvest growing period. Many vegetable insects sleep through the winter either on or in the host plant. Take good care of your lawn and mow it correctly (frequently, and at the proper height) to encourage grass growth and discourage weeds. Plant disease-resistant varieties of plants and vegetables.

Use pesticides *carefully*. Follow labels exactly to avoid contaminating yourself and the environment. Wear long pants, a long-sleeved shirt, rubber gloves, and leather or rubber closed shoes while mixing and applying chemicals. Remember, too, that it's illegal to use a pesticide in a manner other than that listed on the label. Never reuse a pesticide container; dispose of it properly.

Answers to your questions

Q. Each year we grow a garden containing flowers, vegetables and fruit. We don't get to eat much of the harvest because the moles get to it first. Last year, moles ate the vines of the cucumbers, squash and melons and some of the roots of the flowering plants. We dug up the lawn once, but they're still around, and we don't want to use poison because we have two dogs. What can we do?

A. Contrary to popular belief, moles don't feed on plants but on earthworms and the larvae and adults of many varieties of insects. When they dig their tunnels, they inadvertently sever plant roots, which are concentrated in the top few inches of soil.

I've found that treating a lawn with grubs can help reduce the mole population. Try applying milky spore disease powder, such as Doom, which is a bacteria that will control grubs permanently. It may take several years to become established, so you'll have to be patient.

—C.Z. GUEST

For a personal response, send your gardening questions or comment with a self-addressed, stamped envelope to C.Z. Guest, LHJ, 100 Park Avenue, New York, NY 10017.



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mussels one at a time to skillet until blackened, 30 seconds per side. Remove from skillet. Fill each shell with 1 tablespoon sauce and top with a mussel. Sprinkle with grated lemon peel and parsley. Serve on a bed of salt, if desired. Makes 4 appetizer servings.

Nutrition information per serving: 145 calories, 9 gm fat, 8 gm protein, 10 gm carbohydrates, 460 mg sodium, 16 mg cholesterol.

Note: Blackening spice mix, a combination of peppers and seasonings used in Cajun cooking, can be found in the spice section of your supermarket.

APRICOT SCONES WITH HAM AND HONEY MUSTARD

pictured on page 86

The sweetness of the raisins provides a nice counterbalance to the salty ham.

Prep time: 20 minutes

Cooking time: 12 minutes

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- Salt
- 1/2 cup cold butter, cut up
- 2 eggs
- 1/2 cup milk
- 3 tablespoons chopped dried apricots
- 3 tablespoons golden raisins
- 1/4 cup Dijon mustard
- 2 tablespoons honey
- 10 ounces shaved or very thinly sliced ham

Preheat oven to 425°F. Grease a cookie sheet; set aside.

In medium bowl combine flour, sugar, baking powder, 1/2 teaspoon salt and the nutmeg. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in 1 egg and milk just until moistened. Stir in apricots and raisins. On floured surface gently knead dough 3 to 5 times until it holds together. With floured rolling pin roll dough 1/2 inch thick. Cut with a floured 2-inch round biscuit cutter, rerolling scraps. Beat remaining egg with a pinch salt and lightly brush tops of scones. Bake 12 minutes or until golden. Cool on wire racks.

In small bowl combine mustard and honey. Split scones and spread with honey mustard. Fill with ham and replace tops. Makes 20 scones.

Nutrition information per serving: 130 calories, 6 gm fat, 5 gm protein, 16 gm carbohydrates, 375 mg sodium, 45 mg cholesterol.

CHEESE AND ARTICHOKE CHAUSSONS

You can freeze these crescent-shaped appetizers up to 1 month.

Prep time: 40 minutes

Baking time: 15 minutes

- 3/4 cup chopped frozen artichoke hearts, thawed
- 1/3 cup unflavored dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup shredded Jarlsberg or Gruyère cheese
- 1/4 cup chopped parsley
- 2 eggs
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 packages (16 or 17 1/4 oz. each) frozen puff pastry, thawed

In small bowl combine artichokes, bread crumbs, cheeses, parsley, 1 egg, garlic, salt and pepper. Preheat oven to 425°F. Roll puff pastry 1/8 inch thick between 2 sheets lightly floured wax paper. Cut with 3-inch biscuit cutter into 48 circles. Beat remaining egg and brush over circles. Refrigerate 10 minutes. Place 1 rounded teaspoon filling on each and fold dough over filling; press edges. Brush again with egg. Bake on ungreased cookie sheet until puffed and browned, about 15 minutes. (If frozen, reheat in preheated 400°F. oven about 15 minutes.) Makes 4 dozen.

Nutrition information per serving: 100 calories, 6 gm fat, 2 gm protein, 8 gm carbohydrates, 127 mg sodium, 12 mg cholesterol.

Journal Shopping Center

BEAUTY AND FASHION JOURNAL

Page 27: Top—outfit, OMO Norma Kamali; scarf, Adrienne Vittadini; shoes, Sacha of London. Bottom—trousers and sweater, Anne Klein II; shirt, Adrienne Vittadini; belt, Johnny Farrah; jewelry, Wendy Gell; shoes, Maud Frizon. Page 28: Top—blouse, Andre Van Pier; glasses, Alain Mikli; earrings, Jay Feinberg; clutch, Rafael Sanchez. Page 32: Top—outfit, Anne Klein II; bag, Doppia Vita; shoes, Maud Frizon; hosiery, Hanes. Middle—turtleneck, Bern Conrad; hosiery, Hanes; gloves, Cardinal. Bottom—belt, Omega; hosiery, L'eggs; bracelet, Rafael Sanchez.

AMERICAN COOK

All credits for this story are Black Star except for Thom DeSanto. Prop stylist for DeSanto photos, Debrah Donahue. Page 73: Clockwise from top right—Dennis Brack, John Troha, Jim Coit, Rick Rappaport, Tommy Thompson. Page 74: Top row from left—Bill O'Connell, Thom DeSanto, Bill O'Connell; second row, David Falconer; third row from left, Jeff Frazier, Thom DeSanto, Jeff Frazier; fourth row, Hank Young. Page 75: Bun, Thom DeSanto; top row, Jim Coit; bottom row, Mitch Kezar. Page 76: Top row, Gary Sigman; bottom row, Brian Smith. Page 78: Top row, Bob Krist; bottom row, Tommy Thompson. Page 80: Top row, Jeffrey A. Rycus; middle row from left—Tom Sobolik, Thom DeSanto; bottom row, Spider Martin. Page 81: Top, Thom DeSanto; bottom row, Rick Rappaport. Page 82: Top row from left—John Troha, John Troha, Thom DeSanto; bottom row from left—Brian Payne, Brian Payne, Thom DeSanto. Page 86: Top row, left to right—John Phillips, John Phillips, Thom DeSanto; bottom row, Dennis Brack.

FASHION UPPERS

Pages 156-157: Left—suit, The Limited; blouse, Liz Claiborne; scarf, John Jacobus; belt and bracelet, OMO Norma Kamali; bag, Anne Klein II; necklace, Eric Beamont at Showroom Seven; gloves, La Crasia; shoes, Kenneth Cole; hosiery, Hanes. Right—pajama suit, Liz Claiborne; scarf, Echo; gloves, La Crasia; pins, Weiss and Mahoney. Pages 158-159: Bottom left—blouse, Bowman Trading; skirt, Cathy Hardwick; bag, La Bagagerie; necklaces and earrings, Kenneth Jay Lane; glasses, Robert Marc Opticians, NYC. Top left—blouse, Bowman Trading; skirt, Cathy Hardwick; belt and earrings, at Mishon-Mishon; shoes, Kenneth Cole; hosiery, Hue. Top left—blouse, Bowman Trading; skirt, Cathy Hardwick; belt and earrings, at Mishon-Mishon; shoes, Kenneth Cole; hosiery, Hue. Third from left—jacket, OMO Norma Kamali; skirt, Katharine Hamnett; earrings, M & J Savitt; scarf, Debra Moises; glasses, Alain Mikli; gloves, La Crasia; watch, Chizzac Gallery. LTD; shoes, Kenneth Cole; hosiery, L'eggs; umbrella, Gaspal. Second from right—top, Liz Claiborne; skirt, Isia; belt, OMO Norma Kamali; bag, La Bagagerie; hat, Kangol; gloves, La Crasia; shoes, Calvin Klein; hosiery, Hanes. Right—jacket and scarf, Willis and Geiger; skirt, Ruff-Hewn; sweater, Claude Vernet; belt, Sisley; bag, La Bagagerie; glasses, Robert Marc Opticians, NYC; pearls, Kenneth Jay Lane; watch, Movado; shoe, Garolini; hosiery, L'eggs.

Pages 160-161: Bottom left—outfit, Ralph Lauren; watch, Chizzac Gallery LTD; scarf on chair, Mantero. Top left photo—cardigan, Liz Claiborne; jeans, Levi's; hat, Hat Attack; scarf, The Honey Collection; bag, Coach; necklaces, Antique Boutique; bracelet, at Mishon-Mishon; belt, Anne Klein; watch, Movado; glasses, Robert Marc Opticians, NYC. Third from left—jacket, Perry Ellis Portfolio; skirt, Jones New York; top, The Limited coat, Benetton; bag, Johnny Farrah; gloves, La Crasia; shoe, Maud Frizon; hosiery, Hue; bow, A. Brod. Small photos, clockwise from top—skirt, Perry Ellis Portfolio; sweater, Claude Vernet; belt, Sisley; earrings, Patricia Van Muslim; gloves, La Crasia; glasses, Alain Mikli; shoes, Garolini; hosiery, Evan Picone. Jacket, Perry Ellis Portfolio; skirt, OMO Norma Kamali; turtleneck, Isia; gloves, La Crasia; glasses, Alain Mikli; earrings, M & J Savitt; shoes, Kenneth Cole; hosiery, Hue; portfolio and organizer, Coach. Suit, Perry Ellis Portfolio; blouse, Jones New York; necklace, Kenneth Jay Lane; bracelet, Patricia Van Muslim; bag, La Bagagerie; shoes, Garolini; hosiery, Evan Picone.

ROOM MAKEOVERS

Pages 162-163: O'Asian Designs, 3250 O'Asian Way, Charleston, SC 29410, 803-767-0820; The Guild Hall, 7700 Hall St., Louis, MO 63147, 800-325-0602; Ainsley Lamps, 1099 Flushing Ave., Brooklyn, NY 11237, 718-366-5400; Cohama Riverda 1407 Broadway, New York, NY 10018, 212-930-7100; GE Stores, 110 7th Ave., New York, NY 10011; Sweet Nellie, 12 Madison Ave., New York, NY 10028, 212-876-5775; oil on canvas in dining area, "Cowsheds of an Early Vintage," by Wolf Kal Grace Borgenicht Gallery, 724 5th Ave., New York, NY 10022, 212-247-2111; oil on canvas, "Giant Apples," oil on paper, "Plastic Cube," lithograph, "Enamel Fitcher," all by Elsie Manville Kraushaar Gallery, 724 5th Ave., New York, NY 10022, 212-247-2111; Shyam Asher, 201 E. 56th Street, New York, NY 10022, 646-5910; The Loop Exchange, 47 Bruckner Blvd., Bronx, NY 10454, 212-665-0777; all paint Benjamin Moore, above chair, #352, below chair rail, #809, behind bookcases, #807, tr #844. Pages 164-166 (hallway): Wallpaper, "Chutney stripe," border, "Chutney border," fabric, "Chutney." Milbr Wallcoverings, 23645 Mercantile Rd., Cleveland, OH 44122, 216-464-3700; shade fabric, #11219 pillow fabric, "Sycamore," or: rose, raspberry, "Vineyard," color: rose/multi, "Dandelion," color: sand/multi, Laura Ashley, 800-367-2000; How Kaplan Antiques, 827 Broadway, New York, NY 10003; Brass Loft, 20 Greene St., New York, NY 10013, 212-226-5500; Nancy Brown Antiques, 979 Third Ave., New York, NY 10016, 212-838-1120; all paint, Benjamin Moore, #892, ceiling, #891, trim, #967; painted by Peter Harper. Pages 165-166 (library): Lockwood, 1187 Third Ave., New York, NY 10021; shades, DUETTE by Hunter Douglas, "Wood Rose" for information, call 800-4-DUETTE; Scandinavian Gallery, Madison Ave., New York, NY 10011; lacquer coffee table, "Rouge de Fer," Philip Cole of London Ltd., 830 Broadway New York, NY 10003; Apropos, 200 Lexington Ave., New York, NY 10016; The Frank McIntosh Shop at Henri Bendel, 10 57th St., New York, NY 10020; B. Altman, 34th and 5th, New York, NY 10016; Luten Clary Stern, 1059 Third Ave., New York, NY 10021; oil on canvas above desk, "The Green She the Road," above sofa, "The Red Barn on the Stark Road," Wolf Kahn, Grace Borgenicht Gallery, 724 5th Ave., New York, NY 10020, 212-247-2111.

RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. *Recipes include microwave instructions.

APPETIZERS

- Apricot Scones with Ham and Honey Mustard p. 190
- Bryan Carr's Poached Leeks with Caviar p. 185
- Charles Levine's Poached Sea Scallops en Daikon Slices p. 185
- Cheese and Artichoke Chaussons p. 190

BREADS

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EASY-DOES-IT ROAST.

ROAST À LA REYNOLDS® OVEN COOKING BAG.

- 1 large (14" x 20") Reynolds Oven Cooking Bag
- ½ cup flour
- 1 can (8 oz.) tomato sauce
- ½ cup water
- 1 teaspoon instant beef bouillon
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 lb. beef rump roast, boneless
- 3 medium carrots
- 2 medium onions
- 3 stalks celery, cut in 1 inch slices
- 1 medium red or green pepper, cut in 1 inch squares
- 8 new potatoes, whole

Preheat oven to 325°F. Shake flour in large size (14" x 20") Reynolds Oven Cooking Bag; place in 13 x 9 x 2-inch baking pan. Roll down top of bag. Add tomato sauce, water, instant bouillon, salt and pepper; squeeze bag gently to blend. Trim fat from roast; place roast in bag. Peel and quarter carrots and onions; add to bag with celery, red pepper and potatoes. Turn bag gently to coat ingredients with sauce. Close bag with nylon tie; make 6 half-inch slits in top. Bake 1¾ to 2¼ hours or until tender. To serve, spoon gravy from bag over roast and vegetables. Makes: 6 to 8 servings.

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What's cooking?

Tell us how you and your family eat today

Are you eating more pasta than pot roast? Are family dinners a thing of the past? Is breakfast an afterthought?

Fill out this survey to help us develop future food stories to suit your lifestyle

Where do you eat breakfast?

- at home ☐ 5-1
at work, school, etc. ☐ -2
pick up at coffee shop or
fast-food restaurant and
eat elsewhere ☐ -3
at coffee shop ☐ -4
don't eat ☐ -5

What do you usually eat for breakfast?

- cereal ☐ 6-1
eggs and bacon (or ham) ☐ -2
danish, donut, bagel, etc. ☐ -3
waffles, pancakes ☐ -4
only drink coffee or tea ☐ -5
juice ☐ -6
soft drink ☐ -7

Where do you get your food for lunch?

- brown bag from home ☐ 7-1
company cafeteria ☐ -2
eat in a coffee shop or
restaurant ☐ -3
eat at home ☐ -4
don't eat lunch ☐ 5

How often do you cook dinner? (Fill in one line only)

- _____ times per week (8-9)
_____ times per month (10-11)

5. Who usually does the cooking in your family?

- self ☐ 12-1
spouse ☐ -2
children ☐ -3
shared ☐ -4

6. How often do you eat together as a family?

- always ☐ 13-1
usually ☐ -2
sometimes ☐ -3
never ☐ -4

7. How many times do you eat dinner out? (Fill in one line only)

- _____ times per week (14-15)
_____ times per month (16-17)

8. How often do you entertain in your home?

- once or twice a week ☐ 18-1
once or twice a month ☐ -2
occasionally/seldom ☐ -3
never ☐ -4

9. Why do you entertain?

- a special family occasion ☐ 19-1
for the holidays ☐ -2
job-related ☐ -3
to see friends ☐ -4

10. What is your attitude toward cooking?

- like to cook ☐ 20-1
have to cook ☐ -2
afraid to cook ☐ -3
hate to cook ☐ -4

11. How often do you shop for groceries? (Fill in one line only)

- _____ times per week (21-22)
_____ times per month (23-24)

12. How often do you supplement your dinners with prepared take-out food?

- always ☐ 25-1
usually ☐ -2
sometimes ☐ -3
never ☐ -4

13. Do you have a food budget?

- yes ☐ 26-1
no ☐ -2

14. Who usually does the food shopping in your family?

- self ☐ 27-1
spouse ☐ -2
children ☐ -3
shared ☐ -4

15. Would you pay more for a food product if it meant less time in the kitchen?

- yes ☐ 28-1
no ☐ -2

16. Do you like to try new recipes?

- yes ☐ 29-1
no ☐ -2

17. Where do you get your recipes?

- friends ☐ 30-1
magazines ☐ -2
cookbooks ☐ -3
newspapers ☐ -4

18. Are you more tempted to try a recipe that is photographed?

- yes ☐ 31-1
no ☐ -2

Please turn the page for more survey questions.



19. How often do you cook (not re-heat) in your microwave? (Fill in one line only)

_____ times per week (32-33)
 _____ times per month (34-35)
 _____ never 36-1
 _____ don't own a microwave -2

20. How often do you fix a salad with dinner?

usually ☐ 37-1
 sometimes ☐ -2
 rarely ☐ -3
 never ☐ -4

21. How often do you have dessert with dinner?

usually ☐ 38-1
 sometimes ☐ -2
 rarely ☐ -3
 never ☐ -4

22. What do you usually serve for dessert?

ice cream ☐ 39-1
 cake/pie ☐ -2
 pudding/gelatin ☐ -3
 cookies ☐ -4
 fruit ☐ -5
 do not serve dessert ☐ -6

23. When do you snack?

morning ☐ 40-1
 mid-afternoon ☐ -2
 after dinner ☐ -3
 all of the above ☐ -4
 don't snack ☐ -5

24. How much time per meal do you spend preparing dinner Monday through Friday?

15 minutes or less ☐ 41-1
 less than half an hour ☐ -2
 less than one hour ☐ -3
 one hour or more ☐ -4

25. How much time do you spend preparing dinner on weekends?

less than 15 minutes ☐ 42-1
 less than half an hour ☐ -2
 less than one hour ☐ -3
 one hour or more ☐ -4

26. Do you ever prepare food on the weekend for meals during the week?

yes ☐ 43-1
 no ☐ -2

Has the microwave changed your life? We want to know

27. When you have more time to cook for pleasure, what do you enjoy making?

breads ☐ 44-1
 cookies/brownies ☐ -2
 stews/soups ☐ -3
 fancy desserts/cakes and pies ☐ -4

28. What are you cooking more of today than you did five years ago?

pasta ☐ 45-1
 fish ☐ -2
 chicken ☐ -3
 red meat ☐ -4
 casseroles ☐ -5

29. What are you cooking less of today than you did five years ago?

pasta ☐ 46-1
 fish ☐ -2
 chicken ☐ -3
 red meat ☐ -4
 casseroles ☐ -5

30. What health concerns do you have for your family?

cholesterol ☐ 47-1
 fat ☐ -2
 salt/sodium intake ☐ -3
 weight control/diet ☐ -4
 fiber ☐ -5
 none ☐ -6

31. Do you think your family is overweight?

just me ☐ 48-1
 spouse ☐ -2
 children ☐ -3

all of us ☐
 none of us ☐

32. What region do you live in?

Northeast ☐
 South ☐
 West ☐
 Midwest ☐

33. What is your marital status?

married ☐
 living together, not married ☐
 divorced or separated ☐
 widowed ☐
 single, never married ☐

34. What are the ages and sex of any children living at home?

Age(s) _____ (51-)
 Sex _____ 59

35. What is your age?

18-24 ☐
 25-29 ☐
 30-34 ☐
 35-44 ☐
 45-49 ☐
 50-54 ☐
 55-64 ☐
 65 and over ☐

36. What is your job status?

employed part-time ☐
 employed full-time ☐
 homemaker ☐

37. Mark the category in which your household income falls.

less than \$10,000 ☐
 \$10,000 to \$19,999 ☐
 \$20,000 to \$29,999 ☐
 \$30,000 to \$39,999 ☐
 \$40,000 or more ☐

38. How much education have you completed?

grade 8 or less ☐
 grades 9 through 11 ☐
 graduated high school ☐
 1 to 3 years of college ☐
 graduated college (4 years) ☐
 attended or completed graduate school ☐

Thank you for participating in this survey. Please mail your completed questionnaire by November 1, 1988, to:
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Pasta Oriental

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Pasta Mexicali

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Pasta Francais

Delicate capellini pasta and a rich cream sauce made with three kinds of mushrooms and a splash of brandy.



Five new homemade pasta dishes from Stouffer's.



BREAST CANCER

continued from page 146

individual's genetic heritage is considered one of the significant factors. The process that ends in a cancerous tumor begins the same way all human life does: with a fertilized egg that holds all the genetic material—perhaps 100,000 genes—that a person will ever need. There are genes for making us tall, or thin, or even musical; genes for telling some cells in a growing fetus to become a heart or a brain. And there are also genes to stop growth, so that, for example, the heart doesn't become too big for a person's chest.

But genes can also change twenty, thirty or even eighty years after a person is born, mutating in ways that kick off the process that results in the disease we call cancer.

Indeed, scientists now believe that proto-oncogenes—the genes that may someday kill through cancer—are actually just disturbed versions of genes that are essential for normal growth. Genes become disturbed for various reasons: They may break apart by accident, be hit by radiation or chemicals, make too many copies of themselves, or simply become lost during cell division for reasons doctors don't yet understand. But whatever it is that causes the disturbance, once a normal-growth gene goes bad, the cell in which it lives escapes from the normal cycle of rest and growth, entering an irreversible phase of uncontrolled growth.

But merely locking a cell into an "on" mode for continuous division is not enough to cause cancer.

If a cell just continued to divide, the result wouldn't be cancer," explains Smith. "Instead, it would be a benign tumor." To become a cancer, Smith says, a tumor must not only grow uncontrollably but must also invade neighboring tissues and mutate again. The cells that are the most vulnerable to cancerous growth are the ones that divide most often. That's because most genetic accidents happen during cell division. And the breasts are particularly susceptible, since their milk ducts are filled with just such frequently dividing cells, called epithelial cells. But what tells cells to start dividing in the first place?

The answer, at least in part, is found in so-called growth factors, substances that are made by the cancerous cell itself or by another cell. These growth factors—among them the female hormone estrogen—nestle in receptors on the surface of cells. Their presence triggers the chemical changes that ultimately tell DNA in the cell nucleus

to make copies of itself.

Of all the growth factors that lead to breast cancer, hormones—especially estrogen, progesterone and prolactin—are among the most important. Overall, say researchers, about one third of premenopausal breast cancer patients and 80 percent of postmenopausal patients have tumors that are rich in receptors that retain estrogen. Every month of a woman's reproductive life, some three hundred to five hundred times in all, her breast cells are bombarded with hormones.

But some researchers believe this monthly hormonal barrage seems most likely to trigger the process during a critical "window of vulnerability"—the time between a woman's first menstrual period and her first pregnancy. The longer this window is, the greater a woman's chances of developing breast cancer later in life. Breast tissue does not fully mature until a woman finishes her first full-term pregnancy, ac-

Cells most vulnerable to cancerous growth are the ones that divide most often—like those found in milk ducts.

cording to Susan Love. And since cancer is most likely to strike immature cells, delaying or avoiding pregnancy may put a woman at increased risk for breast cancer.

The growing evidence that breast cancer is linked to estrogen bombardment of immature cells has wide lifestyle implications. For example, some research suggests excessive estrogen production may be related to a high-fat diet. Therefore, adolescent girls who consume such a diet may be at increased risk for breast cancer later in life. The evidence also suggests that an active lifestyle may be beneficial. That is because regular exercise can delay the onset of menstruation.

Third, while researchers aren't yet sure whether breast tumors actually grow faster during the high-estrogen phase of a woman's monthly cycle, preliminary studies on animals suggest that timing breast-cancer surgery to coincide with ovulation—when estrogen

levels are lower—may improve the odds against relapse.

But there are ways to avoid estrogen's ill effects. Some physicians believe that women at high risk of breast cancer might in fact be protected from their own hormones by taking drugs such as tamoxifen that appear to block estrogen. But such drugs can never protect *all* women against breast cancer, in part because many tumors that initially need estrogen to grow *stop* needing it after a while.

Finally, there is still debate over possible links between birth control pills and estrogen therapy for menopausal women. There have been many studies attempting to link the Pill to breast cancer; so far, the results have been mixed. Doctors also disagree about the effect of estrogen replacement therapy. Overall, postmenopausal estrogen therapy appears to be more of a risk for uterine cancer than for breast cancer, says I. Craig Henderson, M.D., of the Dana-Farber Cancer Institute, in Boston. Henderson adds that this risk is probably small for women who use moderate estrogen doses for a short period of time.

"The risk-benefit equation is quite complicated," adds Ronald K. Ross, M.D., professor of preventive medicine at the University of Southern California School of Medicine, in Los Angeles. "On average, we predict that women will live longer if they take estrogen than if they don't, because it reduces the risk of cardiovascular disease and osteoporosis."

But Ross acknowledges that no one really knows how great the risks of estrogen therapy may be. For, as with so much else in the breast-cancer field, much desperately needed research simply hasn't been done.

Changes in treatment

The studies that *have* been done highlight the complexity of the disease. Indeed, scientists' understanding of breast cancer has changed radically in the past twenty years. It is no longer seen as a fast-growing, local disease; rather, it is now thought of as a slower-growing illness that ultimately involves the patient's whole body, not just the breast.

This understanding reduces the importance of local treatment such as breast surgery. At the same time, it means that many women need systemic, whole-body therapy. And until researchers develop drugs to combat the basic genetic mutations that underlie cancer, that means chemotherapy or hormone treatment.

The NCI recently announced that virtually all breast-

(continued)



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■ BREAST CANCER continued

cancer patients should strongly consider postsurgical chemotherapy or hormonal treatment, even those who might be advised against it. Those whose cancer has not appeared to spread to the lymph nodes. With such postsurgical treatment, the oncologist says, three to four of every ten negative women will die within five years after diagnosis.

Some researchers feel the NCI's recent pronouncement on chemotherapy was premature. Henderson, of Dana-Farber, is among those who are not convinced that the chemotherapy regimens currently available for early-stage breast-cancer patients will ultimately cure them. And chemotherapy has a price, Henderson points out: some drugs or dosages can be toxic, cause leukemia.

But Vincent T. De Vita, Jr., M.D., director of the National Cancer Institute in Bethesda, Maryland, is convinced of the value of chemotherapy and hormonal treatment. In fact, he says, "the only women I would treat with chemotherapy or hormonal therapy are those with in situ carcinoma"—a noninvasive cancer in the duct that is virtually always curable.

h mastectomy. De Vita also urges physicians to abandon the common practice of "shaving" chemotherapy doses to reduce side effects and to opt instead to higher, potentially curative doses. He is concerned that the doctors shave doses to compete for patients who are leery of more toxic therapy. But paternalism may also play a role. Jerome Block, M.D., head of medical oncology at the Harbor-LA Medical Center, in Torrance, California, says doctors may give high doses of chemotherapy to men "because they feel men can take it. But you don't want to make women sick."

Improved medication

There may soon be better ways than shaving to reduce chemotherapy's negative side effects. A new drug, GM-CSF, might make higher doses of chemotherapy easier on the body, in particular the delicate bone marrow. Last spring, a Duke University team showed that GM-CSF boosts the bone marrow cells responsible for fighting infection in breast-cancer patients who undergo high-dose chemotherapy and bone-marrow transplant. (Some researchers, however, question whether high doses of this powerful drug are truly beneficial.)

And in Canada and Italy, physicians are trying another tack, giving chemotherapy *before* surgery.

Another development—flow cytometry—may also help improve treatment, especially for node-negative women. Until recently, it has been impossible to tell which node-negative patients are in the 70 percent that will live at least ten years after surgery without treatment. But flow cytometry, a test developed by William L. McGuire, M.D., chief of medical oncology at the University of Texas Health Science Center at San Antonio, picks out the women most likely to die from undetectably spreading cancer. Flow cytometry spots the tumors that have too much DNA and those in which a lot of cells are getting ready for cell division—both bad signs.

Beating the odds

What should you do if you already have a diagnosis of breast cancer? You and your doctor might want to discuss the developments outlined above, such as the availability of flow cytometry in your area or the possibility of getting chemotherapy treatments before, not after, surgery.

You might also want to ask your physician about getting into a clinical

trial, a study that compares different treatments. Being part of such a trial won't guarantee more effective treatment, but at worst you will be in the control group of the study, which means you'd receive standard treatment; if you're in the experimental group, you could get a newer treatment that may be more effective. And clinical trials help provide knowledge that might benefit other women.

"The main crisis we face now," adds De Vita, "is getting patients into clinical trials. Very few are presently enrolled. If we had fifteen percent of patients participating, we could drive mortality rates down."

Ultimately, say breast-cancer activists and researchers alike, it is only a larger commitment to research, including more clinical trials, that may provide the answers we need to win the war on breast cancer—answers that are so obviously lacking today.

Judy Foreman is a staff medical writer for The Boston Globe.

Next month: What you can do to prevent breast cancer; getting the best available exams and treatments; and coping with the emotional consequences of the illness. Don't forget to send for the Coors and AMC Cancer Research Center Shower Card to tell you how to do a monthly breast exam. See page 140.

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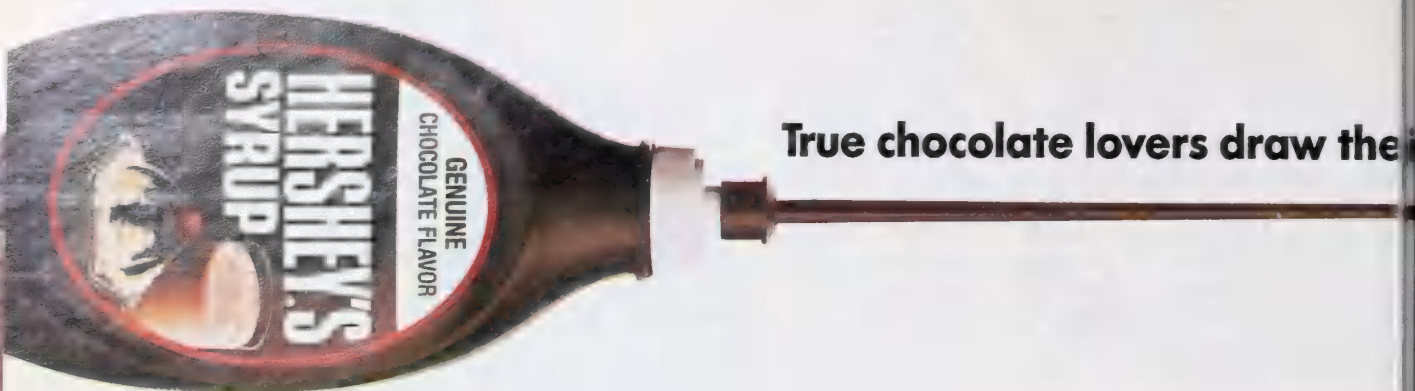
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True chocolate lovers draw the

■ JESSICA McCLURE

continued from page 149

Cissy, nineteen, glances repeatedly at the tiny figure playing happily nearby, as if to reassure herself that her daughter is still there, still safe.

"My sister and I had opened a day-care center in her house, and I was sitting on the back porch watching Jessica and some other kids," Cissy says haltingly. "The phone rang, and I went inside. I couldn't have been gone more than five minutes."

In that short time, the shouts of the frolicking children turned to screams as they saw their playmate vanish. When Cissy ran back outside, she saw the open well, a harmless-looking hole that had been left uncapped for twenty years. As her eyes scanned the sobbing children, Cissy realized that Jessica was not among them.

Suddenly, she knew what had happened. "My God!" she screamed. "My baby! My baby!" Running into the house, she called the police, and within minutes, the first rescue workers had arrived. "I couldn't believe it," Cissy says, her voice trembling. "I was half-way nuts."

Shortly afterward, Cissy's husband, Chip, rushed to the house. "I had been called in by my boss," the young man remembers, adding ironically, "I thought I was getting fired." But the news he received was far worse.

A nightmarish wait

Rescue workers soon realized that the task they faced was difficult and time-consuming. Jessica was too far down in the narrow well to be simply pulled

out, so rescuers had to drill a twenty-nine-foot-deep vertical shaft next to where she was trapped and then bore a five-foot-long horizontal tunnel through solid rock to reach her.

Cissy was able to communicate with Jessica through a microphone that had been lowered into the well minutes after the accident. But the girl's distant little voice broke her heart.

"It was horrible when I heard her call out, 'Mommy! Mommy!'" Cissy says. "I knew, though, that as long as she was crying she was alive. We'd get scared if we didn't hear her, and we'd tap her with the microphone. Then we'd start singing 'Jesus Loves Me' or the Winnie-the-Pooh song." Cissy smiles suddenly. "Those were her favorite songs."

Word of Jessica's plight spread quickly throughout Midland, a town that had fallen on hard times after the end of the oil boom. Within hours, the normally quiet neighborhood was flooded with rescue workers, reporters and curiosity seekers.

The McClures noticed almost none of the commotion. "I don't remember anything," Chip says. "I don't even remember people's faces." A tall, thin nineteen-year-old who thinks carefully before he speaks, Chip also finds it hard to talk about Jessica's ordeal.

The couple, high school sweethearts, were married when they were both sophomores. From the beginning, the marriage, opposed by Cissy's parents, had been marked by difficulty. The McClures dropped out of school, and they lived with Chip's father and stepmother because they did not have enough money for a home of their own.

But the McClures were determined

to make a good life for themselves their daughter. Both earned school equivalency diplomas, and the money from Chip's housepair jobs and Cissy's day-care work, moved into their own apartment. It seemed, their lives had fallen pieces in just one morning.

By dusk, floodlights had brought into the yard, and the sound of ceaseless drilling echoed through the neighborhood. Jessica—wedged in a painful split position, her right arm pressed upright against her head—sobbed as the drills shook the well.

Early on the afternoon of Friday, October 16, two days after Jessica had fallen into the well, rescuers drilled within inches of the child. But Ron O'Donnell, a paramedic sent down to bring her to safety, determined the horizontal tunnel through which Jessica was to be pulled had to be widened, or she could be injured.

Onlookers gasped in disappointment when O'Donnell emerged from the ground without Jessica. For Chip, that was the most difficult moment of the ordeal. "We were right there," he says, "we couldn't reach her."

After the tunnel had been widened, O'Donnell went down again. Other paramedics, knowing that the girl would be freed shortly, told the McClures to wait in a nearby area. "They didn't want me free out in front of the cameras, or doing anything that would upset Jessica," Cissy says.

Nearly half an hour later, she was brought to the surface by a second paramedic, Steve Forbes. The child

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out a deafening, joyous roar, and y and Chip did not have to be told their little girl was safe.

As the McClures sped toward Midland Memorial Hospital, Cissy remembers, "There were all these people cheering on the side of the road, cheering." Minutes later, a shout went up at the local football field as fans at a high school homecoming game told the news. Church bells starting ringing throughout Midland, and as heard a town pour forth its joy at daughter's rescue, Cissy McClure fully broke down and cried.

painful recovery

In the first hours after her rescue, Jessica lay on an emergency-room gurney, staring blankly at the people who hovered over her. Cissy begins to cry as she recalls looking into Jessica's eyes that night. "She was my life, and she didn't even recognize me. I can't tell you what that felt like."

After fifty-eight hours without food and water, Jessica had lost almost four hundred twenty-one pounds. She was fed intravenously, and treatments were given to ward off the gangrene that would have claimed her right foot, which had lost circulation during her stay in the well. Incisions were made on her right foot to relieve pressure and swelling. "The doctors told us," Cissy remembers, "that if they hadn't amputated, Jessica's foot would have had to come off." Eventually, doctors did decide to amputate the little toe on her right foot and part of another toe.

Cissy immediately moved in to the hospital, sleeping in her daughter's room to comfort her. Jessica endured op-

erations almost daily as doctors removed dead skin from her right leg and foot, the back of her head, and her forehead. But Cissy was concerned about Jessica for other reasons, too.

"Before, she'd never had bad dreams," Cissy says. "But after the accident, she had terrible nightmares. She'd call out 'No' and 'Don't,' and she'd cry if Chip or I left the room."

Jessica also temporarily regressed in some ways because of the accident. "She was potty-trained before, but now she was back in diapers," Cissy says. "And she'd walked at twelve months, but she had to crawl for a while because her foot wasn't strong. It was really frustrating for her."

Despite all she had been through, Jessica rebounded quickly. In fact, one hospital employee recalls, the tot became so much like her old adventurous self that she began exploring a hospital room toilet—and fell in before being pulled to safety.

A little more than a month after her rescue, Jessica, her foot still in a cast, left the hospital. Tracked by dozens of reporters and photographers, the McClures hid at a friend's house for a few days before moving into the home they had bought with donations sent to them. (Donations sent specifically to Jessica were put into a trust fund.)

It is in that home, a modest brick house in a blue-collar suburb outside Midland, that the McClures are trying to resume a normal life.

Jessica's colorful room is a wonderland of toys and stuffed animals sent her by fans around the world. A small waterbed, made by one of Chip's friends, is barely visible beneath a platoon of dolls and stuffed animals, and

dozens more toys line the walls. "You always dream about your child having a room like this," Cissy says.

But this is also a room in which Jessica does not like to stay at night. "She can't stand to be alone in here," Cissy says. "She cries herself to sleep."

Once morning comes, Jessica runs eagerly to her parents' room, just as she has done every day since coming home. "I'll never forget," Cissy says, "how you could hear her hopping out of bed in the morning and thumping around with her cast."

Jessica has no playmates her own age, and Cissy readily admits that she and her daughter might be together too much. "It's not just that I'm afraid to let her out of my sight," Cissy says. "She's afraid to let me out of hers."

Banking on Jessica's youth and resilience, the McClures have not sent her for counseling, nor have they talked with her about her ordeal. "Right now we're all trying to forget it," Cissy says.

But that may be difficult, if not impossible. "To this day, I hate going in my sister's backyard," she says. Yet one day late last year, in an anguished effort to understand how the accident could have happened, she took her child to the well, now capped, and sat her on it. "Even looking at it later," Cissy recalls, "I just didn't understand how it happened."

Not surprisingly, Cissy feels guilt, as any mother would, about Jessica's accident. "Wouldn't you?" she asks, staring off into the distance.

Dealing with her guilt has not been made any easier for Cissy because of the public scrutiny her family has undergone. In the weeks (continued)

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JESSICA McCLURE continued

following the rescue, state officials sued a letter saying that Jessica had not been adequately supervised on the day of the accident. Cissy became visibly agitated when she is asked about it. "I wasn't inside for more than five minutes," she says.

In the spotlight

Sometimes the scrutiny is painfully sensitive. Cissy recalls one encounter in a local store. "Two teenage girls came up and told me that while Jessica was in the well their teacher signed them to record my emotions for their class. They said I didn't look very upset." Cissy fights to hold back tears. "I told them they didn't know what was going on inside me. My heart was breaking. If Jessica had died in there, I would have blown my head off."

"Wherever we go now, Jessica draws a crowd. And the worst is the way people treat her. She's just a baby, and she's been pushed so hard. Jessica is a saint, but people don't want to allow her to be a normal two-year-old."

"I'm just a kid myself," Cissy adds. "I'm still growing up. Sometimes I act as if I want to be a baby."

It is an understandable reaction. While Midland at first rallied around the family, the mood changed soon after Jessica's release from the hospital. Rumors, perhaps fueled by jealousy, circulated in town: The McClures were living in an expensive home, and they had bought a Mercedes and a Cadillac. (In reality, they have a pickup truck and a Thunderbird.) Other people said Chip and Cissy were close to a divorce at the time of the accident.

"I was really upset," Chip says. "Every marriage has problems; ours were broadcast on the evening news." And while the McClures have received congratulations from well-wishers, they do live extravagantly. Cissy looks down at her denim minidress and says, "I really don't have a lot. I waited until this dress was on sale for twenty dollars before I bought it. And Chip works six days a week to support us."

Cissy adds, "When Jessica grows up, it's true, she'll be worth a lot. But her money, not ours." While the McClures will not reveal the total held in trust for Jessica, news reports have put it as high as \$700,000.

In the aftermath of the rescue, even the heroic actions of the people who saved Jessica were overshadowed by an ugly battle over the lucrative rights to the story. Rescuers split into two groups, arguing over how many of them should be paid for the rights.

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was settled only after city officials
nted a commission to negotiate a
act. "The truth is," says one res-
Bob Hawk, "ninety percent of the
e involved hope it's never made
a movie. Everyone would like to
t go away." Andy Glasscock, a
and police detective who took part
e rescue and who became close to
McClures in the following months,
fully acknowledges, "This has
ged all of our lives forever."

none more, of course, than the
of Jessica and her parents. One
tangible result is the McClures'
on not to have any more chil-
In May, Cissy had a tubal liga-
"We decided it wasn't fair for us
ve more kids," Cissy says, with
ul honesty. She pauses for a mo-
and strokes her daughter's hair.
just couldn't give another child
Jessica has, and they would have
up in her shadow."

th the spotlight constantly shin-
her daughter, Cissy admits that
ometimes wishes she could run
ide. "We've thought about mov-
she concedes. "But wherever we
someone would recognize Jessi-
it would start all over."

here's a chance things may never
e same," says Chip. "She may al-
be Baby Jessica."

ogically, one of the people the
couple had relied on for guid-
—Chip's father—died unexpected-
st June of a massive stroke. "We
really close," says Cissy. "Some-
I just sit around and wonder
will happen to us next." When
ther's death is mentioned, Chip—
e mother died when he was five,
whose brother died last year of
—becomes too shaken to speak.

paradoxically, the stresses of
ast year have helped Chip break
of a shyness that was once so se-
he was afraid of crowds in shop-
mall. He has become accustomed
ealing with reporters, and he en-
s his new job clerking in a sportin-
store.

other positive factor is that Jessi-
agnosis is good, her doctors say.
forehead will probably require
plastic surgery, but overall, her
cal problems will be few, and
the scar on her leg should fade.
for Jessica's future, Cissy's hopes
mple. "I'd like her to do whatever
wants, whether that's being a
wife or being a doctor."

sica herself is as affectionate, ir-
ssible and adventurous as ever.
meeting people, she grins wide-
d jabbars easily. At lunch in a
restaurant, she eats with gusto,
g into a grilled-cheese sandwich
rench fries. But she is allowed

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only a few minutes of privacy before a young busboy walks past and asks, "Is that Baby Jessica?" Again on an unwanted stage, Cissy smiles patiently and answers, "Yup, that's her, all right." Jessica grins at the busboy. "All this attention has made her a real ham," Cissy says fondly.

With her mother's help, Jessica climbs down from her high chair to sit next to a visitor. Pointing to her high-top sneaker, she grabs it and yells, "Reee-box!" Cissy, overcome with emotion, grabs her daughter and hugs her.

As Jessica toddles toward a water fountain, Cissy leans across the table. "Some people don't believe in miracles," she says urgently. "But I do." She waves at Jessica, who has turned to look back at her mother. "Jessica's rescue was a miracle," Cissy continues. "And that child is a miracle. That child is a walking miracle."

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LAST LAUGHS

Out of the mouths of babes

After our vacation in Niagara Falls, having taken the Maid of the Mist boat ride and ridden a giant Ferris wheel, we asked our five- and seven-year-old grandchildren what they had enjoyed the most. "Jumping on the hotel bed!" they said in unison.
—Mrs. Jo Treharne, Pittsburgh, PA

During my preschool Sunday school class, I was surprised when one little boy explained to me the qualities of a magnet he was holding. I asked him if he knew where magnets came from. "Sure," he answered, "off the refrigerator door."
—Monica Pierce, Franklinton, LA

A few weeks ago my daughter, Sarah, had her seventh birthday. Today, while walking down the street, we met a neighbor who told Sarah how sorry she was that she had missed her party. "That's okay," Sarah replied with a grin, "I'm still accepting gifts!"
—Mrs. Betsy Kirby, Homer, AK

FOR BETTER OR FOR WORSE

By Lynn Johnston



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TEENAGE SAGE

*How can it be that we know more
The less we've lived and seen?
Just ask the wisest of them all—
The one who's just thirteen!*

—Charles Ghigna

momilies

MOTHERLY SAYINGS THAT PASS THROUGH THE AGES

- Don't put anything bigger than your elbow in your ear.
- Will you please turn out the lights—we don't own stock in the electric company.
- Hey? Hey? Hey is for horses!
- If you don't wash behind your ears, you'll grow a potato patch there.
- Did you feed the dog yet? He's a person, too, you know.

From MOMILIES AND MORE MOMILIES: AS MY MOTHER USED TO SAY. . .
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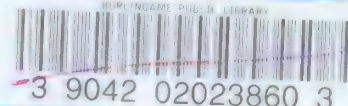
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GLE ENOUGH?

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By Myrna Blyth



I

t's that happy and busy time of year when you have to start thinking about making up your Christmas gift list. What's just the right thing to give your cousin who recently moved halfway

across the country, your daughter's second-grade teacher, your favorite neighbor? I won't let modesty prevent me from suggesting a gift that I think would be appropriate and appealing to several women on your gift list: a subscription to *Ladies' Home Journal*.

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The best gift of all



Now that I've helped solve your gift-giving problems, let me tell you about this bountiful issue. It's filled with so much to inform, entertain and inspire you—from our special report on America's hundred most important women to nutrition-boosting recipes, to a startling interview with Marina Oswald, the widow of President Kennedy's alleged assassin, to health information on breast cancer and gynecological problems that every woman should know. There's also advice on beauty and fashion, on coping with the kids, on reinvigorating your relationship with the man you love—and lots, lots more. At *LHJ* we're delighted we can give you such a full and interesting magazine at this time of year. Thank you for being a *Journal* reader. I hope we can be part of your gift-giving. And happy Thanksgiving to you and your family.

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LADIES' HOME

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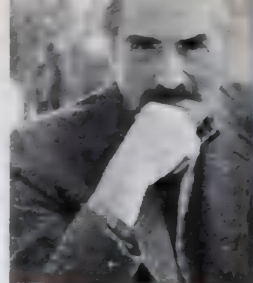
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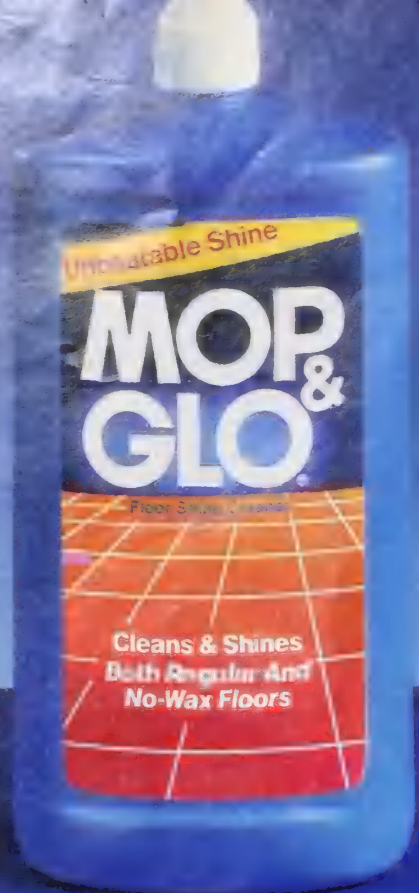
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**Talking with a
legend**

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AVON

My husband is so domineering

By Laurie Werner



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Edith Irons, Ed.D., a therapist in private practice in Charlotte, North Carolina. The story reported here is true, although names and other details have been changed to conceal identities.

Mary's turn

"I JUST KNOW MY MARRIAGE IS over," said Mary, thirty-one, a tall attractive brunet with large blue eyes, "and I don't want it to end—Joe's the only man for me. But lately he's been a monster—bullying and yelling, then giving me the silent treatment and freezing me out. Why is he so hostile?"

"When we started dating eleven years ago, it was different. We met at a pretty great time in our lives—our junior year in college, just after I had been selected head cheerleader and he'd been named quarterback of the football team. We'd known each other casually for about a year or so, but one night after a game, we started really talking.

"Joe was mesmerizing—smart and so strong. I could listen to him talk for hours. He wasn't afraid to voice his opinions. Everything he did he did well, too, so naturally he had a lot of self-confidence, and I found that very sexy. I know this isn't going to sound right, but I really felt that here was a

man a woman could really lean on.

"Being able to depend on a man is important to me. My father died when I was fourteen, and my mother had a very hard time coping. She always told me that if I was lucky and smart, I'd find a strong man to take care of me. When I met Joe, I knew he was the one.

"But I was good for Joe, too. He'd always had a hard time letting himself go and just having fun. I got him to loosen up, to do things he'd never done before—like hopping on a plane on the spur of the moment and flying down to New Orleans for Mardi Gras. I even got him to go skinny-dipping one warm spring night in the lake just off campus. Now, *that's* something Joe had never dared to do before!

"But even then, I knew Joe could be very demanding. He always wanted his own way—like the times he demanded I stay over at his apartment when some nights I just wanted to sleep in my own room. Joe had this way about him; you didn't argue. And always, I'd give in.

"Joe also had trouble talking about himself, but most men do, so I never pushed. He could write the most beautiful love letters, though! The summer before our senior year, when we were working in different cities, he poured out his feelings in these romantic letters. I

was so deeply touched by his sensitivity that I decided to marry him.

"We married seven years ago, and I really thought we'd have the easiest time of any couple I knew. We agreed completely on the ground rules: Joe would take care of all the big decisions, I'd take care of the house and the kids.

(continued)

Joe always intimidated Mary into doing what he wanted. How could she live with a man who gave her no voice at all in their marriage?

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■ CAN THIS MARRIAGE

continued

"I did want to work for a while, though; Joe knew that. I had become interested in marketing in college, and I wanted to pursue that. Joe even encouraged me. We both agreed, however, that once we had children, I would definitely quit.

"Well, things didn't go exactly as I had planned. First of all, once I started working, I loved it, and within a year and a half, I'd gotten a promotion and was making more money than Joe. He was teaching industrial arts at a junior college then—he moved to his current job at an engineering firm only two years ago—and my salary was nearly twice his. We both said it didn't matter... we loved each other and were in it together.

"Also, though we've been trying for years, I haven't been able to conceive. I'm very upset and I've been to two fertility specialists, but so far neither can find anything wrong with either of us. The whole business of trying has been so stressful—it's really hard to talk about it.

"Anyway, since I hadn't gotten pregnant, I poured all my energy into my job. And I started traveling, which made Joe crazy. He kept saying a wife's place is at home with her husband, and if the truth be told, I felt he was right. But look, this was my job. Still, Joe was so vehement in his opposition that I actually turned down a second promotion because it would mean more traveling. I'm very sorry I let him intimidate me.

"In fact, the need to have his own way has positively taken over our lives. He insists on making all the decisions. Take money, for instance. He insists I turn over my paycheck to the joint account that *he* administers. He did it even when I was making more than he was. That means every time I need money for clothes, or something for the house—even a birthday present for a friend—I have to beg him.

"Lately, he won't let me participate in any decisions whatsoever. He clearly doesn't want to hear my views. And if I ever try to air them, he screams.

"So what do I do? I give in, that's what. If he yells that he doesn't like my haircut, I change it. If he needles me about my weight, which he can do pretty savagely, believe me, I diet frantically.

"But that makes Joe even angrier. I don't get it: I used to ask him for advice on problems that would come up at work—he always knew the right thing to do—but now when I try to tell him about work, he simply explodes or falls silent.

"That silent treatment really makes me feel helpless. It started a few months ago, but I don't precisely know why. Joe had just finished a huge design project he'd been working on for months, and it was a tremendous success. As soon as it was over, he got very depressed. He wouldn't talk, and he started spending every evening alone in the den drinking.

"His drinking is what scared me enough to call you. Joe's father is an alcoholic. I know Joe took care of him when he was a child and that it has been a terrible ordeal for the whole family. I'm terrified Joe is falling into the same trap.

"Look, I've tried absolutely everything. I'm at my wit's end about how to save this marriage. Counseling is my only hope."

Joe's turn

"Mary makes it sound like all I do is pick on her," said Joe, thirty-one, tall, self-possessed man with a deep, angry voice. "That's crazy. Yes, I get into bad moods, but so does everybody else. And besides, she overreacts. When I didn't like her haircut and mentioned she'd gained some weight, she went overboard. She changed her hair, then went on such a strict diet that I thought she was anorexic.

"I certainly don't force her to do everything I want. What's this about making her sleep over? I never heard that one before. I love being with Mary. I sleep better when she's there for heaven's sake. And when I told her that, I honestly thought it was a compliment. If she took it as an order, I'm sorry. All she had to say was that she'd rather go home.

"It is true that I want to handle the money, but there's a reason for that. I'm very demanding in all areas of my life; it's important to me to be able to guarantee good results, even if it means doing something myself. I handle the money because I'm more prudent, that's all. Mary would spend money uncontrollably, I just know it. But while I don't part with money easily, I have never made her beg. That's a lie. And I rarely say no to any of her requests.

"Mary's right about my not wanting her to travel, but it's not because I want to hamper her career. I believe a wife's place is at home with her husband, and I detest the thought of coming home to an empty house.

"Besides, what is she doing traveling around the country like some high-powered executive? We'd agreed that my career was most important, that she'd stay home and be a mother. I wish we had kids already, too, but

I don't think Mary should be gallivanting around, making a lot more money than I am. Yeah, I know I said it didn't bother me, but it did. It bothered me plenty.

"That's not all that bothered me. Mary says she brings home a few problems from work. That's a joke. All she does is talk about problems and beg me to help her. Can't we have a normal conversation anymore? I try to listen patiently and help—I take pride in making good decisions, which is why I make the big decisions at home—but I certainly never told her she had to follow my advice. Also, it's hard not to get annoyed at her helplessness. If she's such a big executive, can't she think for herself?"

"Another thing that drives me up a wall is when Mary tells me to 'open up.' Well, I'm not comfortable having intimate little tête-à-têtes. That's why I wrote those letters back in college. I prefer writing to conversations. You can pick your words carefully and not make a mistake.

"Besides, what does she want me to confide? That I'm an alcoholic like my father? Never. Mary has no idea what I went through. The times I waited for her to come watch my Little League game and he never showed? The times I had to go into town and bring him home because he was too drunk to drive? My mother couldn't deal with it. I saw how self-destructive someone can be, and I'm not at all like that. I'm self-reliant.

"By the way, that's the reason I got so depressed after that big project a few months ago. I'd just switched careers—partly for the money but also for the challenge—and this project was exactly what I love: tight deadlines, pressure. No one had been able to handle it, and I came along like Superman and pulled it all off. It was a big success, but after it was over, I had this down time with nothing to do and I got totally bored.

"Mary should have recognized that. She should know me better but she doesn't, and I guess I don't really know her either. She's not the free spirit I fell in love with. She's a nag and a worrier. So what's the answer? Come here, spend a lot of money and time, and get nowhere?"

The counselor's turn

When this couple first came to see me, Mary was depressed and Joe was hostile, aggressive and defiant, especially when it came to the subject of his drinking. And they both had strong doubts that they could get their marriage back on track.

"Also, I could see Joe (continued)

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■ CAN THIS MARRIAGE

continued

was heading toward a serious drinking problem, and I urged him to go to Alcoholics Anonymous for counseling. Initially, he refused, but by the third session, Mary convinced him that if he didn't go, we were all wasting our time. With the help of the AA counselor, Joe realized that while his drinking was a release from frustration and boredom now, it could easily evolve into a serious problem rivaling his father's. That scared him enough to stop completely within six weeks.

"Meanwhile, in our joint sessions, we explored the other obvious problem: Mary's lack of self-esteem. Mary saw herself as inadequate and based her self-image on the messages she received from others instead of on her own qualities and achievements.

"When she saw how miserable her mother was after her father died, she came to believe that a wife should depend on her husband for everything.

"This played directly into the strong-man role Joe felt he should fill, a feeling that is quite common, actually, among children of alcoholics. Because of the emotional upheavals of his childhood, Joe had a tendency to become superefficient, to control his en-

vironment as tightly as humanly possible, in order to feel safe.

"Such a controlling person often thinks he must define his worth by achievement. It's not surprising then that Joe became depressed after his tremendously difficult project at work was over; suddenly, he had nothing at hand to prove himself with.

"Furthermore, whenever Joe's dominance was threatened, as it was by Mary's success and her larger salary, he used his naturally intimidating manner to reassert control. By demanding loudly that she not travel, by criticizing her haircuts or her weight, he was trying to bring her down to manageable size.

"However, deep down, Joe was not comfortable with his supercontrolling role. And Mary was just as uncomfortable with her passive, little-woman role. Clearly, Joe had to relinquish some of his power and Mary had to take more responsibility for her own life for things to get better.

"Toward this end, I asked them to go over each ground rule in their marriage and discuss how they preferred to handle a particular situation. Though they had initially lacked motivation, this couple became energized by my suggestion, carefully analyzing issues in their marriage, even rehash-

ing the argument about Mary's staying overnight in college. Joe admitted that he did unconsciously coerce Mary even when he thought he was being affectionate. And Mary realized she had to speak up, that she couldn't expect Joe to read her mind.

"As time went by, Mary gained confidence to put her thoughts in words. 'I felt really important going those business trips,' she announced one session. 'I wanted to share them with you, and it hurt when you turned away.' Joe admitted that earlier he couldn't stand it, 'but now that my job is so good, I'll try to deal with it,' promised.

"More volatile were this couple's fights over control within the house. My company trusts me with money, why can't you?" Mary asked at one point. Stunned by the tone in his voice and by her logic, Joe agreed to include Mary more often in important decisions. Now they both handle the finances and make joint decisions spending.

"Finally, Joe was able to address his inability to talk about himself: 'Yes, I have trouble,' he admitted again. 'But it's more than that. Mary never listens when I tell her about a problem. So I just says, "Oh, Joe, don't worry—it will be fine." Then she changes the subject.'

"Mary sat quietly at first, then blurted out, 'It's true. Hearing Joe say he's worried or frightened about something terrifies me. I guess I just don't want to hear it.'

"I told Mary that her reaction is a common one. Many women don't want to hear deep fears expressed by their men. But I wanted her to understand that her denial of Joe's problems and feelings had put a great deal of pressure on the relationship. When I said the word 'pressure,' Joe broke in.

"'You don't understand what it's like to take care of everything all the time,' he said, 'and to never have anyone take care of me, listen to me. I can't do it anymore. I couldn't for my parents; I can't for you.'

"'I never knew that,' Mary responded, 'I had no idea I was making things harder. I don't want to. I want to be a real partner. Let me.'

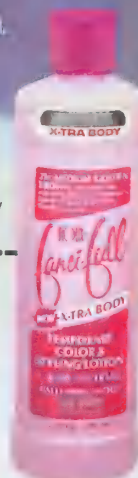
"By the end of twelve sessions, Mary and Joe had significantly realigned their relationship from a power struggle to a real supportive union between equal partners. They'd also begun the difficult process of trying to adopt a child and were hopeful that by year end, they would be parents. I'm convinced that they'll make wonderful parents since they've gotten their relationship back on track. It is just a good example of their working with—against—each other."

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Am I grown up yet?

By Louise Lague

I have just turned thirty-nine, and I'm waiting for it to hit. For three or four years, I've been working up to this and I'm sure that any minute now I will start to act my age. The problem is, I have no idea what that means.

You see, thirty-nine sounds much *older*, and infinitely more mature, than I feel right now. After all, my mother at my age wore housedresses, and when she dressed up, a little mink stole and teeny clip-on hat. She taught school, played bridge and made casseroles with ground beef. My friend Lynn's mother, living hard by sophisticated New York City, had, at thirty-nine, a white convertible and a turquoise leather jacket. "But still," admits Lynn now, "when I think back, she always seemed old to me."

Clearly there's more to it than just the numbers. My mother at my age was always in control. She knew what to do next, what was absolutely right and what was absolutely wrong. And she never hesitated to say so.

I couldn't even pretend to be like that. Maybe my two children perceive me as knowing what's happening, and I hope they do, but lately, to

be honest, I've been waffling through life, plagued by doubts and moods. I get depressed, I get ecstatic; I sink, I fly. One day I want another baby, another day a new career. One morning I'm cheerily domestic; the next, crisply professional. And that's just during the daytime.

You see, when I hit thirty-nine, I started experiencing what I can best describe as Anxiety Hour every morning from one to three. That's A.M. For weeks, I am tormented with small-time dreads: What if I forget to give Teddy,

my oldest son, his lunch money? Can we really afford to take a vacation this year? If we paint the bathroom blue, will it seem too cold? Is my sister Arlene upset with me about the plans

With each passing birthday, isn't this the question every woman ponders?

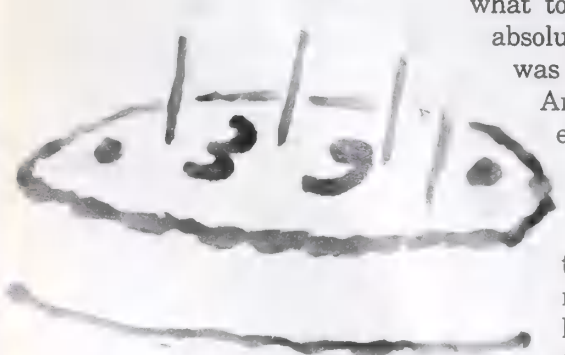
for the holidays? Then I move on to worry obsessively about something else.

When I mentioned these nocturnal episodes to a much older friend (of forty-two) she assured me they were perfectly normal. "It's just your time," she said, with a knowing nod.

If this is a mid-life crisis, I'm disappointed. I was hoping it would involve a mad affair with a gorgeous young poet or a solo adventure in some place like Portofino. (My cousin Wendy, who has two teenagers and teaches economics, understands: "The best I can say is, I only *wish* I had wild cravings.")

It's all rather puzzling. Turning forty is supposed to be traumatic, right? Forty gets all the media attention. So why does everyone I know start fretting after thirty-five?

"The late thirties are actually a truer turning point for a woman," notes Harriet Pappenheim, M.S.W., a New York City therapist and psychoanalyst. "Many feel (*continued on page 26*)



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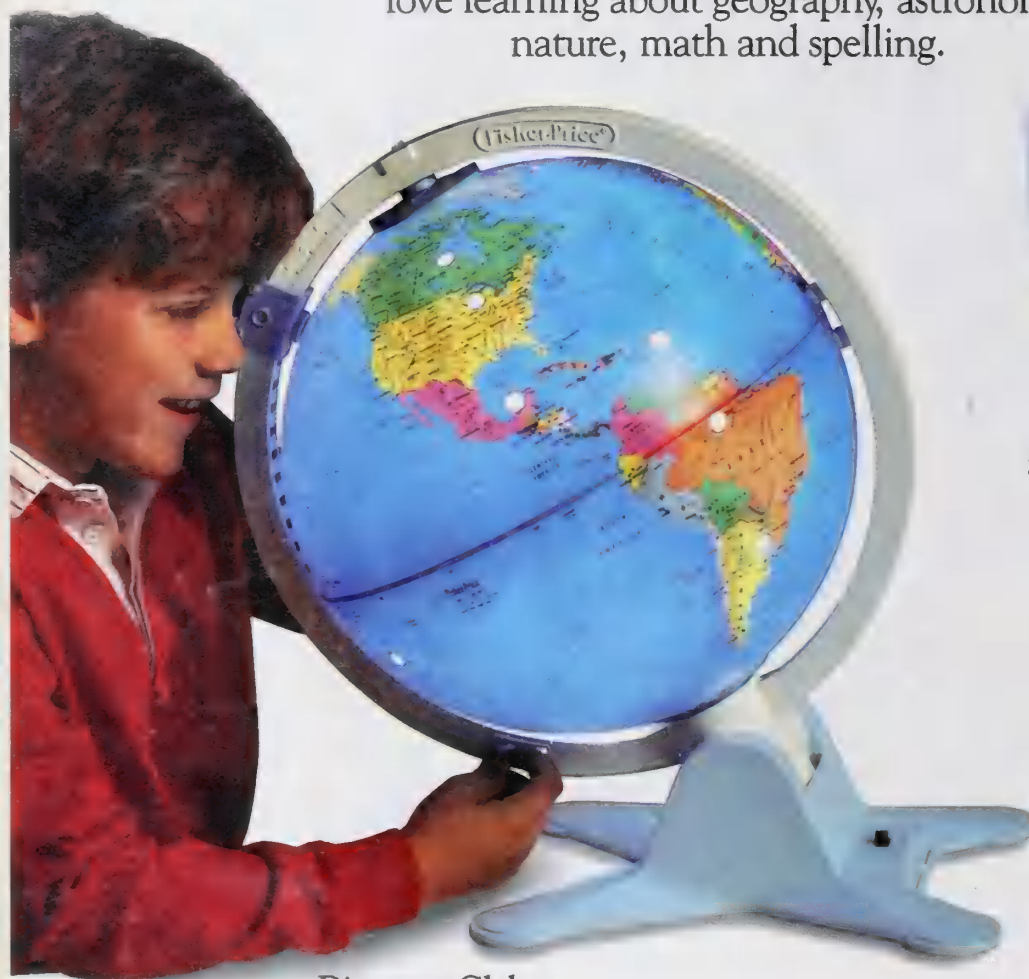


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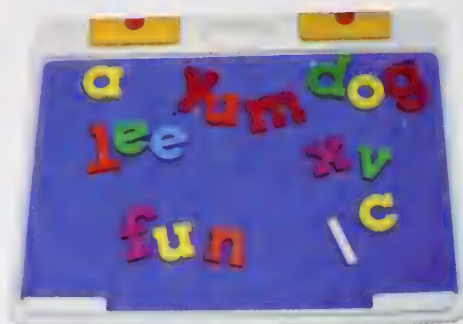
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heimer's disease, and we are all powerless to know how help. And still another's husband lost his job and was out of work for months, forcing the family to move to another city far from friends and family, where the cost of living is a bit less.

And always in these discussions is the element of surprise, that feeling of Who me? How—when—did I get to be this old?

"When we were twenty," mused my friend Laurie, "I thought that by our mid-thirties we'd have it made, we'd be on track. Instead, things seem harder, more complicated. Did we blow our twenties by not appreciating them? Have we peaked? And when, for God's sake, are we going to start acting our age?"

Then again, what does it mean, really, this acting your age? Laurie reports she has two voices going on in her head all the time: One says, "Grow up. You've got to be more mature." The other says, "Hold on a minute. You're not exactly over the hill, you know."

When you think about it, the very concept of acting your age is an iffy one and not particularly desirable in that. I've often regretted snapping, "Act your age!" to my seven-year-old-son. I mean, how old is seven? You'd never ask a thirteen-year-old to act her age—what could be worse? And if my seventy-four-year-old father, who just bought his first foreign car and built his first computer, started acting his age, I'd be mighty upset.

Still, confusing as it all is, I'm beginning, slowly, to see things come together. The good news is that we are not emotionally dead at this advanced age, as we certainly expected to be when we were nineteen. We may be capable of Anxiety Hour, or even Anxiety Month, but we are also capable of those great, profound, bittersweet well-springs of love we feel for our children—which we most

■ A WOMAN TODAY

continued from page 22

it's the middle of their lives, that their youth is over. So it's a time for reappraisal. Single women feel it very heavily, married women with children less so."

Another counselor I spoke with goes a step further: "How traumatic a birthday is—be it thirty, thirty-nine or forty—depends entirely on what's going on in a woman's life. If there's little fulfillment, age becomes tremendously important. If a job or a husband or a family engages them, they're much less bothered by age."

But married or single, fulfilled or not, one thing we cannot avoid is the grown-up realization that we are not wearing any sort of armor against evil happenstance. Sadly, over the years, that truth finally sinks in. "Do you find yourself growing vaguely afraid?" I ask a friend who tells me, "Sure. Because now there's more to be afraid of."

Indeed, life's plot has thickened since the worst things that could happen were flunking math, gaining weight and not getting invited to the prom. It's not so surprising, then, that my nearly-forty friends, who once discussed bargain hunting, toilet training or minor arguments with their husbands, are now concerned about their parents' deaths, their own health, the exorbitant cost of a college education, their children's defections. (For comic relief, we talk about crow's-feet and gray hair.)

And let's face it, as we approach thirty-nine, really bad things do happen to us and to people we love. I have watched several close friends extremely anxious to be pregnant endure miscarriages, and the fact that they are common and inexplicable and nobody's fault does not make it any easier to bear the pain of that special loss. The mother of another was diagnosed as having Alz-

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perfectly capable of making decisions—sound ones at that.

Of course, with all this comes the understanding that there are things we can't control and simply must accept. Things like taxes, wrinkles, divorce, death. This little growth spurt we go through at thirty-nine is very much about reassessing control, finding out when we have it and when we don't. We learn to take responsibility when we can and, when we are truly powerless, to let it go. Without second thoughts or anger. Not easy, but there is also serenity that comes when we stop hitting the punching bag of self-pity.

"Part of growing into adulthood," says another psychologist with whom I spoke, "is learning to handle situations the best you can, realizing your responsibility instead of blaming it on other people and then getting through without being judgmental, self-righteous, opinionated."

In fact, I'm actually starting to view the age of thirty-nine as the storm before the calm. As I hear tell, many women reach a state of grace at forty. The forties, they say, have a depth to them that a twenty-year-old could never imagine. If the twenties are in pastel tones, the forties are in rich jewel colors.

As Peggy, my friend the lawyer and mother of two, observes, "If I can help it, I never do what I don't want to anymore. And the bad things? I realize that while there's much a person can do to change her life, you can't completely deal your own deck. You have to take what comes."

Perhaps that's the missing link. Downplaying the anxiety, replacing it with deliberate good cheer. Taking a why-not attitude toward life, learning to laugh when there doesn't seem to be anything particular to laugh about. Maybe growing up is really about not wasting a single moment in worry that could be better used in joy. ■

assuredly never could have managed at the narcissistic age of nineteen.

We are also capable of some interesting, objective introspection. We can see ourselves as imperfect—and not fall down dead over it. Many of my friends are also discovering an end-of-the-apprenticeship feeling about the late thirties that, while it can send men into a panic, delights women. Most men, if I may make a gross generalization, trap their lives around their work and see it as a linear progression. If, at thirty-nine, they are not at or near the top, they're terrified. They have to make choices, and they're paralyzed to do so.

But women have a broader range of options all the way along. By now, most of us have already made some tough choices: We've combined or bypassed work, marriage, children in individual ways. We've known our limitations for ages and have come to terms with them. And in a sense, that self-knowledge is a revelation. We have only one way to go—up.

Indeed, at thirty-nine, Coco Chanel invented No. 5 and Leonard Bernstein won raves for *West Side Story*, his biggest hit. I don't feel quite ready to soar like that (perhaps it's lack of sleep), but I do have a new willingness to take more control of my life. I'm nobody's child anymore, and it's such a relief not to have to live up to all those expectations.

It's also good to know that I'm no longer too young for anything, from a black dress to the top job. And I'm not too old for anything either, except perhaps those strapless party dresses with the little pouf skirts that stop five inches above the knee. Even better, I no longer feel I need permission from a higher authority to do something, nor am I as likely to take a survey of my friends for their opinion on my next step. It's exhilarating to feel that I am

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BEYOND BOATS, TURTLES AND CREWS: THESE ARE THE STYLES THAT MAKE ANY NECK LOOK LOVELY

For a more elegant-looking, longer neck, choose blouses with **low notch collars** or **tops that wrap** to create a V-neck—an extra two inches or more of bare skin optically slims and lengthens short or wide necks (resist the temptation to fill in with a short, chunky necklace—it will ruin the lean line).

If you hate your neck because the skin is prematurely wrinkled or sun-damaged, don't resort to covering it up with a tight turtleneck or constricting bow-tied blouse—high-necked tops can actually add years to your look. A softer, lower neck is more feminine, more flattering. Opt for a **drapey cowl**, a **V-neck sweater** or an **unbuttoned polo-collared pullover**. Choose necklaces that end well below the collarbone, especially long ropes of pearls, or gold chains.



This fall's newest notion?

The **squared Juliet neckline**.

This romantic look is a trendy style, so try wearing it in a trendy shade, such as lime, hot pink or tangerine.

How to have a prettier neck

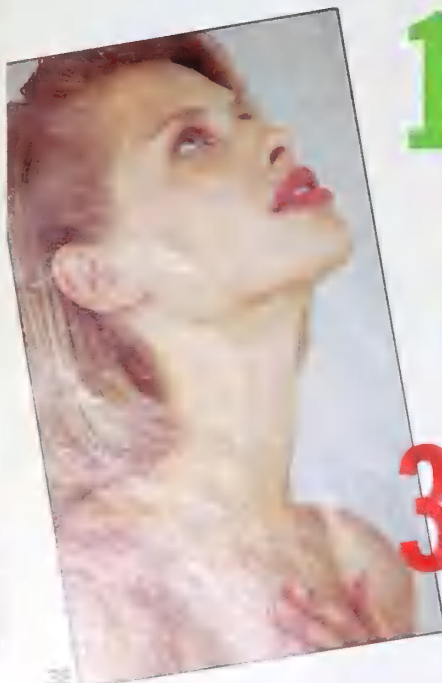
FOUR SIMPLE WAYS TO SMOOTH CREPEY SKIN AND BANISH DOUBLE CHINS

1 Remember that your neck is an extension of your face, and it should be treated as gently. According to James Leyden, M.D., a dermatologist at the University of Pennsylvania, body soaps tend to be too harsh for sensitive neck skin, so use a facial cleanser. Follow with moisturizer; skip toner. Apply a sunscreen with a high SPF whenever you're in the sun.

2 Three neck-firming exercises you can do even while sitting at your desk:
■ Without clenching teeth, smile as wide as you can and tense muscles in your neck and jaw. Relax and repeat five times. ■ Sit with elbows on a table, chin on folded, interlaced fingers. Press down with chin as you press up your fists. Hold twenty seconds, relax. Repeat five times. ■ Place one thumb directly under chin, and curl your tongue back in mouth until you feel the muscle under your chin protrude. Stretch neck as far left as possible with chin pointing upward, and slowly rotate to the right, chin up. Return to center and repeat five times.

3 Sagging of neck skin is often hereditary, but it can also result from yo-yo dieting and a tendency to slump. So stay away from crash weight-loss programs, and practice a model-perfect gait. Stand straight, holding your head high, as if it were being pulled up by an invisible string attached to the top of your head. Keep shoulders down and relaxed.

4 Sleep with only one pillow—when the head is too elevated and the neck sharply angled, the muscles can't extend properly; this causes weakness and sagging.



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The Russians are coming

Runway model Mallory avoided hats because she felt they never looked sophisticated enough with her chic wardrobe. But we showed her one she loved at first sight—a high-fashion red toque with fake Persian lamb trim, by Whitthall & Shon. Perfectly polished! Hat hint: The newest fake fur hats have deep lush cuffs and a Russian accent—the Dr. Zhivago look.

Jungle fever

Being an artist, Lindsey likes the exotic and trendy. We introduced her to a sexy toque with a fake leopard border, by Jean-Philippe Riquieur. Outstanding! What's the best way to wear a hat? Pull it on securely (never let it rest on top of your head), then try a rakish tilt; always let some hair show.

NEW PRODUCTS

■ New from Almay is a complete hair-care system called Daily Performance. The line is clinically tested and suitable for all hair types, gentle enough to use daily. ■ Try a sexy new scent—Spoiled by Theodore combines florals and spices for a rich, unique aroma. ■ One product for eyes, cheeks and lips? Princess Marcella Borghese did it! Perlati Color Brilliance comes in eight shades of long-lasting luxe powder plus a triple brush that contains all the applicators you need.



Knit wit

Jane, an attorney, loves the cozy warmth of a ski cap but wanted more flair. We found a winter white version with a fluffy fake fur border (by Hansen Knits) to frame her face. In fact, it's one of the most flattering looks for everyone! Tip: Neutrals work best with tailored coats.



The LHJ-Avon instant makeover contest

Have you ever dreamed of looking fabulous? Of course. Here's your chance! Enter our exciting contest. Choose one of the three categories below, and in twenty-five words or less tell us why you want to look **more feminine, more polished or younger**. You'll also have to send two recent full-color 5x7 photos—one head shot and one full-length. One hundred semifinalists will be selected and awarded an Avon Color makeup palette, and three grand prize winners (one for each category) will receive a \$2,000 designer wardrobe; a year's supply of Avon makeup; a two-day trip to New York City, including hotels, meals and air fare, and tickets to a Broadway show; a morning of beauty with Avon's national director of beauty and fashion; and a makeover in the *Journal's* May 1989 issue. For the entry form and official rules, please turn to page 245. Don't miss this great opportunity!



MORE FEMININE

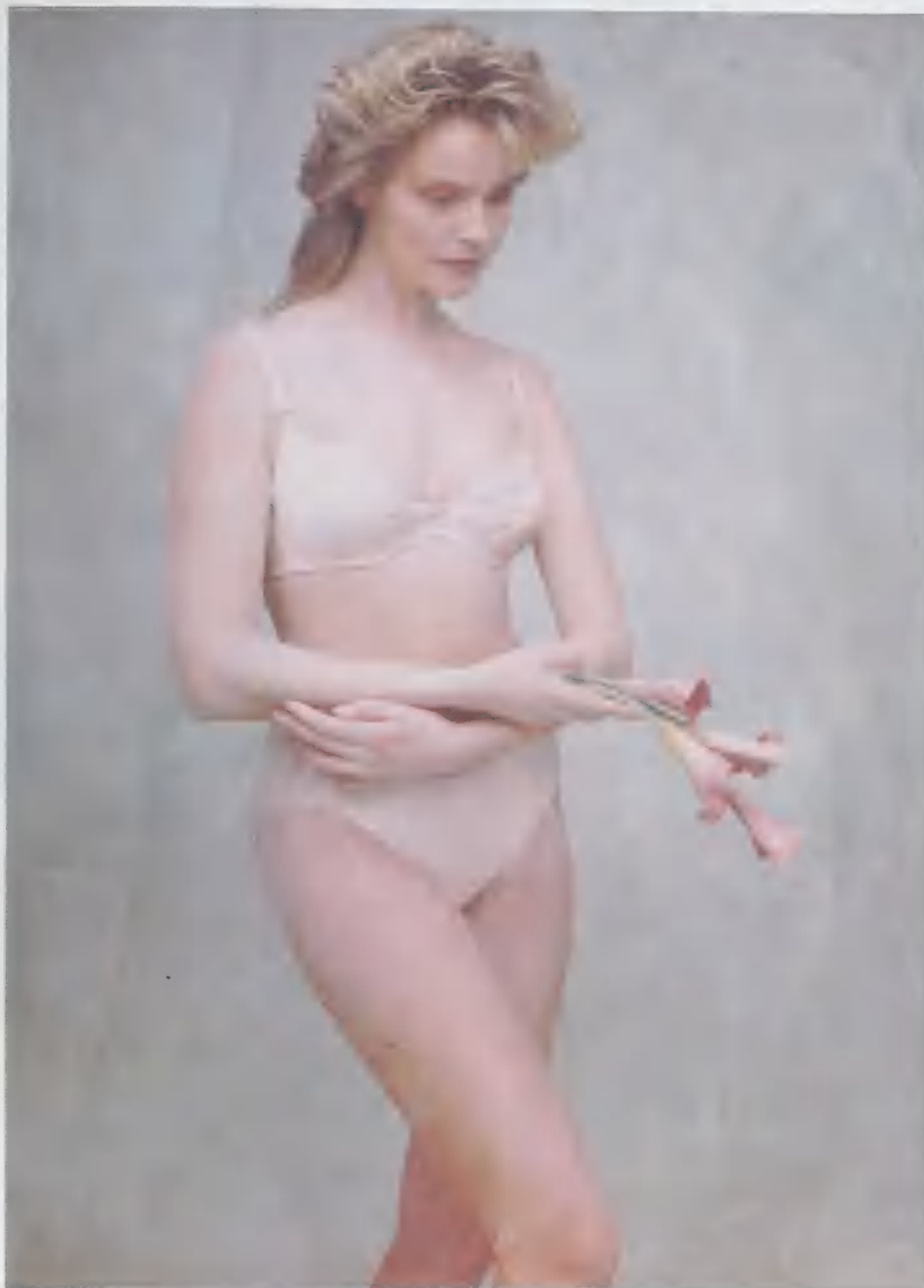


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skirting the issue

GOOD NEWS! THE MOST FASHIONABLE SKIRTS THIS

SEASON ALSO HAPPEN TO BE THE MOST FLATTERING! GET A LEG UP

ON THE LATEST SHAPES (P.S.—LENGTH IS NOT AN ISSUE)



CHIC-ED UP CLASSICS

■ The new slim skirt features up-to-the-minute details such as a wider waistband, tunnel belt loops, a back zip and double tucks in front for added roominess across tummy to camouflage a not-so-perfect figure. This season's best basic color is winter white—like our version in wool gabardine by Andrea Jovine.

■ Love the flirty, flippy feeling of pleats? Go for the wardrobe indispensable—an easy skirt with stitched-down pleats. This one looks newest when it falls just above the knee. Longer lengths work better with boots. Wear with a tucked-in blouse or a jacket for the sleekest silhouette. You'll want one in sophisticated black or navy. Try this winner in navy rayon koth by Nicole Miller.

Photos: George Whipple. All hair: Stephane Lempire. All makeup: Nadiya Nottingham.

THE SHAPE OF THE SEASON: the tulip

BELIEVE IT OR NOT, THE TULIP MAKES THE MOST OF PEAR-SHAPED FIGURES! THREE VARIATIONS THAT LOOK SUPER:

■ The **classic tulip** skirt has a slim, tailored cut. The soft, full folds strategically conceal heavy hips, tummy and thighs, deep pockets provide extra room and comfort. We love it in red—this one's a standout in wool crepe by Alcott & Andrews.



■ The **tailored tulip** offers the raised waist (elongates your middle). It's cut closer to the body, but slash pockets whittle tummy and hips. We found one in navy wool crepe by Anne Klein.



■ The **trendy tulip** has the most exaggerated shape, with lots of inverted tucks in front, which create loads of soft folds. It accentuates a curvy figure but hides excess bulge! The style looks great in any color—we chose one in versatile gray wool crepe by Anne Klein. ▶



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shoulder rolls

Stand with feet shoulder width apart, pelvis tucked under. Knees should be slightly bent. Take a deep breath, and with arms at sides slowly roll your shoulders forward five times and then back five times. Relax shoulders and slowly drop chin to chest; place fingertips on the back of your neck and massage gently from base of skull to top of back. Repeat once. By Jim Horvath, the Spa at the Crescent, Dallas

back/abdominal easer

Lie face down on floor and stretch arms overhead. Slowly walk hands back to body, lifting your back as you move. Pressing hands to floor, arch back as far as you comfortably can while keeping hips down and lower body relaxed. Hold ten seconds and lower. By Millie Filippini, International Athletic Club of Denver



lower-back unwinder

Sit on a chair, arms at sides. Slowly roll forward by tucking chin to chest and dropping the shoulders and lowering upper body to knees. Let arms hang at sides. Hold five counts. Tighten abdominal muscles, and slowly roll up to sitting position. Repeat five times. By Connie Love, East Bank Club, Chicago

neck destresser

Stand, feet shoulder width apart, pelvis tucked, knees slightly bent. Lower chin to chest; hold three counts. Lift chin as far up and back as you can; hold three counts. Tilt head left, hold three counts; return to start. Repeat to the right. Turn head all the way to the left, hold three counts; return to center. Repeat to the right. Lift shoulders as high as you can. Hold three counts, release. By Roger Schwab, Main Line Nautilus, Bryn Mawr, PA

total back reliever

Lie on back, legs extended. Slowly pull heels to buttocks, press lower back into floor. Hold thirty seconds. Then, in same position, pull knees to chest. Wrap arms around knees, hold to chest ten seconds. Release. By Jeff Bontrager, Premier Club, Dallas



upper-back stretch

Stand with feet shoulder width apart, pelvis tucked, knees slightly bent. Reach both arms forward, interlock fingers and press palms away from you while rounding upper back. Keep arms straight and hold for fifteen seconds. Release; repeat. By Diane Honor, Golden Door, Escondido, CA

shoulder shrug

Stand with feet shoulder-width apart, pelvis tucked, knees slightly bent. Slowly lift shoulders to ears for ten seconds, and then bring down. Repeat five times. By Terri Ivanoski, the Sky Club, Boston

upper-back relaxer

Stand, feet shoulder width apart, pelvis tucked, knees slightly bent. Interlock fingers behind you, keep back straight; raise arms as high as possible. Hold three counts; lower. Repeat five times. By Jossie Fera, Bonaventure Resort and Spa, Fort Lauderdale

whole body soother

Dim the lights and lie on back with feet slightly apart and arms at your sides, palms up. After breathing deeply and slowly for several minutes, tense (by squeezing lightly) and release your feet, legs, buttocks, chest, neck, eyes and face. Repeat the entire sequence three times. By Roxanne Salas, Doral Saturnia International Spa Resort, Miami

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Evans' dress by Nolan Miller.
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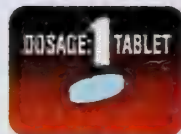
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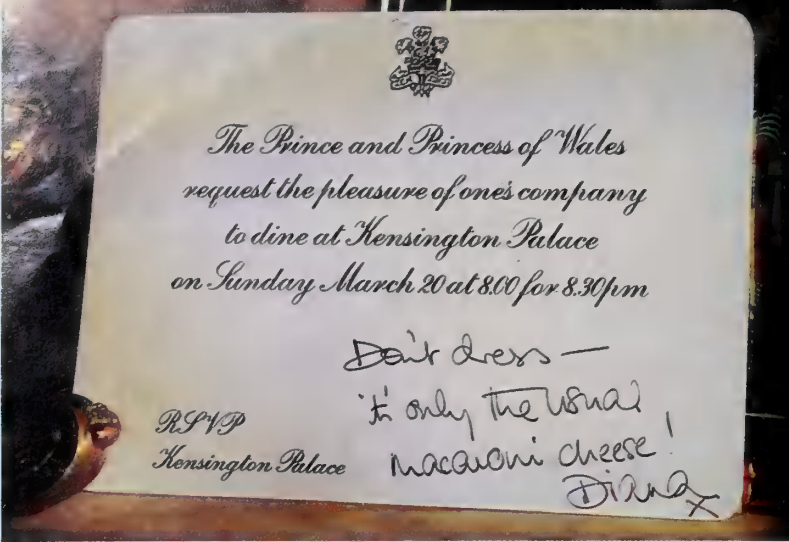
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Here's exactly what it's like when you're invited round to dine at Kensington Palace



dinner with Di and Charles



Left, your hosts, the Prince and Princess of Wales, in the drawing room of their apartments

The most sought-after dinner-party invitation in London is a summons to apartments 8 and 9 of Kensington Palace, the home of the Prince and Princess of Wales. After checking by phone that you truly are expected, an officer of the Royal Protection Squad waves you in through the security barrier. You pass the Duke and Duchess of Gloucester's place, apartment 12. A few steps through an archway takes you into a different world inside the three-hundred-year-old residence. You crunch across a graveled courtyard lit by old gas lamps.

When you knock, the black door under a cream portico is opened by Charles and Diana's shy butler, Harold Brown—or by a

footman if Harold is busy upstairs with earlier arrivals. For a man a dinner jacket is the appropriate wear; for a woman a long evening gown is usually safe. In the entrance hall, the first thing you notice is the green and gray carpet, with a pattern of Prince of Wales feathers. An earlier guest, the rock musician Bob Geldof, got away with saying, "Don't think much of your carpet." Charles graciously agreed. "It's rather garish, isn't it?"

You're shown where the men's and women's cloakrooms are. The men's is decorated with Charles's rare array of original newspaper cartoons and his even rarer collection of vintage toilets with

(continued)

By John Ezard

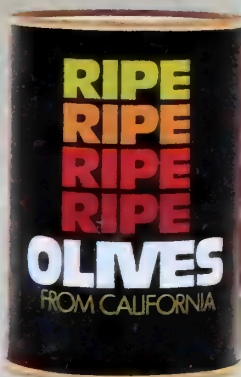
Photos, clockwise from top left: Chris Drake/YOU Magazine/SIPA Press, Alpha/Globe Photos, Tim Graham/Sygnia.



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Holiday Sausage Surprise



1 pkg. Hillshire Farm Smoked Sausage or Polska Kielbasa, chopped
1 cup sliced California Ripe Olives
1 cup chopped onion
8-oz. cans tomato sauce
1 tsp. oregano
15-oz. can kidney beans, drained (optional)
8-oz. package tortilla chips, crushed
cups (8 oz.) shredded Cheddar or Monterey Jack Cheese
sour cream, shredded lettuce, sliced tomato

Lightly brown sausage and onion in a large skillet. Add tomato sauce, oregano and kidney beans. Simmer 5 minutes. Place $\frac{2}{3}$ of the crushed tortilla chips in the bottom of a 2-quart buttered baking dish. Layer half the cheese over chips. Layer half the olives over cheese. Pour sausage mixture over cheese and olives. Layer on remaining chips and remaining cheese. Bake 350° for 10 to 15 minutes or until heated through. Top with sour cream, shredded lettuce, sliced tomato and remaining olives.

MICROWAVE: In a 2-quart casserole combine sausage with onion and microwave, uncovered, HIGH, 3 minutes, drain. Add tomato sauce, oregano and kidney beans. Microwave, covered, HIGH, 4 to 5 minutes or until bubbly, stirring once. Assemble as above but reserve top layer of cheese. Microwave, covered, HIGH, 5 to 7 minutes or until hot. Sprinkle with cheese and allow to stand, covered, 3 to 5 minutes before serving. Makes 6 Servings.

Holiday Party Pizza



1 pkg. Hillshire Farm Smoked Sausage or Polska Kielbasa, cut in $\frac{1}{4}$ " slices*
1 cup sliced California Ripe Olives
1 pkg. bagels or English Muffins
1 pkg. shredded or sliced cheese
1 15 oz. jar of spaghetti sauce
1 tsp. chives

Spoon sauce on each bagel or muffin half. Layer on sausage, cover with cheese and top with olives. Place on baking sheet; broil until cheese melts. Garnish with chives, if desired.

* 100% Beef varieties available

To receive more delicious recipes like these, write: Olive and Sausage Recipes, P. O. Box 4098, Fresno CA 93744.



What's cooking at the Palace? Turn the page for Diana's carrot soup (above) and some of her other favorite recipes



Wills's favorite macaroni & cheese



Windsor spinach souffle



Kensington tart tatin

(continued) mahogany seats.

Up a broad Georgian staircase, one picture stands out. It is a four-foot-high portrait of Diana in her 1981 Emanuel wedding dress, commissioned by Charles on the day in 1984 when she told him she was carrying their second child, Prince Harry.

In the elegant drawing room with yellow walls, honey-toned carpet and peach-upholstered furniture, the butler hands around champagne (usually Bollinger). No one asks for hard liquor, because the hosts no longer drink it.

Their Kensington Palace dinner parties divide roughly into events for family or private friends; for the world of politics, art and entertainment; and for business leaders. Depending on which group you are in, your fellow guests could range from King Hussein of Jordan or ex-King Constantine of Greece, to Diana's clothes designers Bruce Oldfield or Gina Fratina.

You might be lucky with after-dinner entertainment. A few of the guests who have sung at parties are the opera stars Placido Domingo, Luciano Pavarotti and Kiri Te Kanawa.

The dining room, which doubles as a daytime conference room, can seat thirty-six. Charles, however, generally

prefers intimate parties of eight or ten so he can give time to each guest. Charles sets the place cards himself to spark lively talk. Soon after sitting down, he will say to someone as a deliberate ploy, "Pass the bloody salt and pepper, will you?" It's meant to relax everyone.

Food is light and simple; no haute cuisine or belt-busting feasts here. It is prepared by Diana's chef, Melvyn Wycherley, in a German-designed kitchen, one of their wedding presents. Charles and Diana are close to being vegetarians, so the couple steer clear of fatty meats, choosing instead chicken, game birds (from the royal estates), and fish and salad with baked rather than fried potatoes. Charles remains partial to a childhood favorite, Aylesbury duck with an apple sauce.

The favorite soup is the chef's classic watercress, made with fresh chicken stock and cream. You might just get one of Charles's experiments, such as nettle soup. But a typical dinner could be seafood mousse or soup, grilled salmon or monkfish, and partridges served with organically grown vegetables from Highgrove, their country home, followed by fresh pineapple or mango sorbet. (continued on page 44)

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Call it what you will. You'll make a name for yourself with every meal you make.

Chicken Romano

2 to 2½ pounds
broiler-fryer
pieces
2 tablespoons
vegetable oil
Salt
Pepper
1 medium
onion,
halved, sliced
1 bottle (12 oz.)
Heinz Chili Sauce
1 teaspoon dried
oregano leaves
Grated Parmesan cheese

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In large skillet,
brown chicken
in oil. Drain
excess fat. Season
chicken with salt
and pepper; add
onion. Cover; cook
30 minutes. Stir in
chili sauce and
oregano. Cook, un-
covered, 10 minutes longer,
basting frequently. Skim
excess fat from sauce.
Serve sauce over chicken;
sprinkle with cheese.
Makes 4-5 servings
(about 1½ cups sauce).

Heinz © 1988 H. J. Heinz Co.

■ DINNER WITH DIANA

continued from page 40

Light German wines are served. Charles, who is especially interested in wine, has not laid down a proper cellar since moving into Kensington Palace after his marriage. He and Diana leave Harold Brown to order from the central buying office that supplies all royal households. When the couple are alone, they drink mineral water.

At dinner, Diana used to look to Charles to lead the conversation, but that has changed. She is now an accomplished hostess. She does sometimes worry about where to place attractive female guests. Her butler once said to her of a woman: "Ma'am, you could put her on the Prince's list and it wouldn't matter. At the end of dinner, she will knock out the door and you will still be here."

Dinner parties are never late: Guests respect the fact that the couple are early risers. When the last guest has left, Charles often takes a glass of mineral water to the study to work on documents and speech drafts. His staff has found him asleep over them in the middle of the night. The Princess goes up and reads in their four-poster bed.

After dinner, as you walk toward the gate in the lamplight, you will be conscious that this is a very old building. "There are no ghosts here," the Duke of Gloucester has said, "but the floors creak."

DIANA'S CARROT SOUP

Prep time: 10 minutes Cooking time: 20 minutes

2 tablespoons butter or margarine
1 medium onion, chopped
2½ cups chicken broth
1 pound carrots, peeled and sliced
1¾ cups diced all-purpose potatoes
1½ cups milk
Salt and freshly ground pepper
Flat-leaf parsley and carrot slices, for garnish

In large saucepan melt butter or margarine over medium heat. Add onion and sauté 5 minutes. Add chicken broth, carrots and potatoes. Bring to a boil; simmer until tender, 10 to 15 minutes. Transfer to blender in batches and puree. Return to pan with milk; season with salt and pepper. Reheat (do not boil). Garnish and serve. Makes 6 cups.

Nutrition info per cup: 155 calories, 7 gm fat, 5 gm protein, 19 gm carbohydrates, 578 mg sodium, 19 mg cholesterol.

WINDSOR SPINACH SOUFFLÉ

Prep time: 20 minutes Baking time: 25 to 30 minutes

Unflavored dry bread crumbs
2 tablespoons butter or margarine
1 tablespoon flour
¼ teaspoon salt
¼ teaspoon freshly ground pepper
Pinch nutmeg
1 cup milk
1 package (10 oz.) frozen chopped spinach, cooked and squeezed dry
½ cup grated Gruyère cheese
4 egg whites

Preheat oven to 375°F. Grease a 4-cup soufflé dish; coat with bread crumbs, shaking out excess. Melt butter in saucepan. Stir in flour, salt, pepper and nutmeg; cook, stirring, 1 minute. Pour in milk and bring to a boil, whisking constantly. Stir in spinach and cheese. Cool 5 minutes.

In mixer bowl beat egg whites until soft peaks form; fold into spinach mixture. Pour into prepared dish. Bake 25 to 30 minutes, until golden and firm to the touch. Serve. Makes 4 servings.

Nutrition info per serving: 225 calories, 14 gm fat, 13 gm protein, 12 gm carbohydrates, 434 mg sodium, 44 mg cholesterol.

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a sign of good taste



© 1988 Idaho Potato Commission

LINGUINE WITH FRESH SALMON A LA CHARLES

Prep time: 15 minutes
Cooking time: 7 to 10 minutes

2 tablespoons butter or margarine
1 shallot, chopped fine
1 cup heavy or whipping cream
2 tablespoons white wine
1 tablespoon chopped fresh dill
1 tablespoon chopped fresh chives
Salt and freshly ground pepper
8 ounces fresh tricolor linguine (spinach, tomato and egg), cooked
1 pound salmon fillet, cooked and flaked
1 pound smoked salmon, diced
Dill sprigs, for garnish

In skillet melt butter over medium heat. Add shallot; sauté 2 minutes. Stir in cream, wine, dill, chives, salt and pepper. Bring to a boil. Stir in linguine. Add salmon, toss gently until heated through. Makes 4 servings.

Nutrition info per serving: 700 calories, 37 gm fat, 15 gm protein, 63 gm carbohydrates, 334 mg sodium, 5 mg cholesterol.

ALLI'S FAVORITE MACARONI AND CHEESE

Total prep time: 25 minutes

2 tablespoons butter or margarine
2 tablespoons flour
1 teaspoon dry mustard

¼ teaspoon salt
Dash freshly ground pepper
2½ cups milk
1½ cups shredded Cheddar cheese, divided
12 ounces macaroni, cooked

1 tablespoon grated Parmesan cheese
In large saucepan melt butter or margarine over medium-high heat. Add flour, mustard, salt and pepper; cook, stirring, 1 minute. Pour in milk, whisking constantly, until just boiling. Remove from heat. Stir in 1½ cups Cheddar cheese until melted. Add macaroni and transfer to a 2-quart ovenproof serving dish. Sprinkle with Parmesan and remaining ¼ cup Cheddar. Preheat broiler. Broil 4 inches from heat source 5 minutes, until golden. Makes 4 servings.

Nutrition info per serving: 650 calories, 27 gm fat, 27 gm protein, 75 gm carbohydrates, 557 mg sodium, 83 mg cholesterol.

KENSINGTON TARTE TATIN

Prep time: 40 minutes plus chilling and standing
Baking time: 1 hour

Pastry

1 cup all-purpose flour
1 tablespoon sugar
Pinch salt

¼ cup butter, cut up
1 egg yolk
2 tablespoons water

½ cup plus 2 tablespoons sugar
2 tablespoons water
7 Golden Delicious apples, peeled and halved
½ teaspoon cinnamon
2 tablespoons butter, cut up

Pastry: In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In cup combine egg yolk and water. Sprinkle over pastry, tossing with a fork until pastry holds together. Shape into a ball. Wrap and refrigerate at least 30 minutes.

Meanwhile, preheat oven to 350°F. In skillet combine ½ cup sugar and water; cook over medium heat, stirring, until sugar dissolves. Continue cooking until syrup is a deep caramel color; pour into a 9-inch pie pan. Arrange apples snugly, rounded side down, on syrup. Cut any remaining apples into quarters and fill in gaps. In cup combine remaining 2 tablespoons sugar with cinnamon; sprinkle over apples. Dot with butter. On lightly floured surface roll pastry into a 10-inch circle. Place over apples and tuck in edges. Bake 1 hour. Cool on wire rack. Carefully invert onto a serving plate (preferably one with a 1-inch rim to contain the liquid). Makes 6 servings.

Nutrition info per serving: 375 calories, 13 gm fat, 3 gm protein, 64 gm carbohydrates, 141 mg sodium, 76 mg cholesterol.



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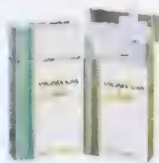
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America's 100 most important women

By the
editors
of *Ladies'
Home
Journal*

Who are the most important women in America today? What kind of power and influence do they wield? The women here—chosen by the editors of *Ladies' Home Journal*—are a fascinating, sometimes surprising group that reflects the multifaceted, still-evolving role of women on the eve of the 1990s. They are stars in traditional fields for women as well as trailblazers in several professions. The *Journal* first compiled such a list in 1983, and we were especially curious to see how the 1988 version might differ. One immediate observation was that today there are so many more women who could be considered for this list. We also found that twenty-seven of our winners this year were on our 1983 list—women who continue to earn the label “outstanding.” As we reluctantly pared down our master list to (continued)

Some of the winners on our list are household names; others may be new faces. All of them are admirable



LUPE ANGUIANO

■ Improving women's welfare



BROOKE ASTOR

■ The jewel of New York



ERMA BOMBECK

■ Still tickling America's funnybone



JULIA CHILD

■ A recipe for success



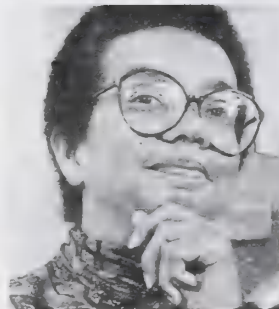
LIZ CLAIBORNE

■ Designing woman



ELIZABETH DOLE

■ A shining light in party politics



MARIAN WRIGHT EDELMAN

■ Righting America's wrongs



ANNA FISHER

■ Paving the way in space



JANE FONDA

■ Fifty and looking fabulous



KATHARINE HEPBURN

■ Eternal superstar



ROSEBETH MOSS KANTER

■ Harvard's business whiz



DONNA KARAN

■ A life in fashion



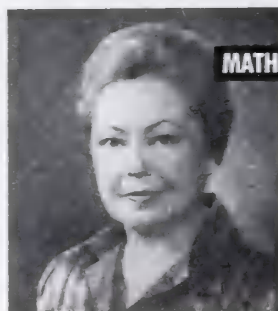
JEANE KIRKPATRICK

■ A voice for the right



JACKIE JOYNER-KERSEE

■ World-class athlete



MATHILDE KRIM

■ Finding a cure for AIDS

**ANN LANDERS**

■ Everybody's problem-solver

**ELEANOR HOLMES NORTON**

■ Working for equality

**SANDRA DAY O'CONNOR**

■ Madame Justice

**JANE PAULEY**

■ The world is her beat

**PATRICIA SCHROEDER**

■ Representing women and the family

**MARY DECKER SLANEY**

■ Running into the record books

**DAWN STEEL**

■ Movie mogul

**BARBRA STREISAND**

■ Renaissance woman

**ELIZABETH TAYLOR**

■ Superstar and philanthropist

**TWYLA THARP**

■ First lady of dance

**JACQUELINE GRENNAN****WEXLER**

■ Promoting interfaith understanding

**OPRAH WINFREY**

■ Queen of the talk shows

(continued) one hundred names, we fully realized the delicacy of our task. What, after all, is the difference between woman 100 and woman 101? We also decided that our current First Lady would, in this election month, be eclipsed by the woman about to replace her. So neither she nor the two contenders were included on our final list.

How did we find our candidates? The *Journal* spent several months researching the accomplishments of women who hold influential posts in business, the arts, law and politics, science, media and entertainment, sports, education, religion, public service and philanthropy. We called professional societies and trade organizations and read journals, newspapers, annual reports and lists of award winners. We looked for women who are newsworthy and noteworthy. Some are leaders we admire; others influence our attitudes and lifestyles. All are achievers, committed to issues that affect all women, and many actively help other women to succeed. We hope you'll agree that they are important, impressive and inspiring.

This section was compiled by Shana Aborn, Cathy Burke, Nelly Edmondson, Jane Farrell, Pam Guthrie, Judith Kellman, Dean Lamanna, Shirley Longshore, Irene Nyborg-Andersen, Carol Perkin and Linda Peterson.

LUPE ANGUIANO

■ An ex-run and founder of a nonprofit group, National Women's Employment and Education, Inc., Anguiano, 59, helps women get off welfare. *How?* By seeing they have all they need for independence: job training, child care and transportation. Her reward—"the gleam in their eyes."

BROOKE ASTOR

■ She's one of New York's richest women, and one of its most generous, giving to museums, parks and educational programs. One of her favorite mottoes: "Money, like manure, should be spread around."

MERRILY DEAN BAKER



Making a difference for women athletes

■ Even though she was a good pitcher as a child, Little League rules prevented her from playing with the boys. But Baker, 45, isn't on the sidelines anymore. This year, she became the first woman to be named assistant executive director of the National Collegiate Athletic Association, making her the highest-placed woman in intercollegiate sports.



KATHLEEN BATTLE

Opera fans' favorite

■ "I never dreamed I could have a performing-arts career," says Battle, 39, the daughter of a steelworker. But today Battle, a soprano whose voice is ideal for everything from spirituals to Mozart, appears regularly at the world's major opera houses. "Being able to sing is a gift," she says. "And I am doubly blessed to be able to sing for a living."



CHARLOTTE BEERS

Top talent

■ "I absolutely love my job," says the chairman and CEO of Tatham, Laird & Kudner, a Chicago-based ad agency with annual billings of \$250 million. Last year Beers, 53, became the first woman to serve as chair of the American Association of Advertising Agencies. "We deal in the most exclusive territory of all," she says. "Ideas."



CATHEEN BLACK

On top of the news

■ "It's an enormous challenge," Black, 44, says of her post as publisher of *USA Today*, the nationwide Gannett newspaper. But that isn't her only job; Black is also executive vice-president of marketing for the giant Gannett Company, which owns radio and television stations as well as newspapers. "Best of all," Black says, "is working with a new product every day."

ERMA BOMBECK

■ She's one of America's most successful humorists, with a string of best-selling books and a newspaper column that entertains 31 million readers. She still doesn't take herself too seriously, though. "I love what I do," she says blithely. "It keeps me from talking to the tropical fish." Bombeck, 61, does have a more solemn side, though; she's writing a book about children and cancer.



FRANKIE CADWELL

Changing the public's attitudes

■ "The advertising business is wonderful," says Cadwell, 51, president of Cadwell Davis Partners. "There's constant change." And change is something Cadwell is eager for. She has long been dedicated to eliminating negative media images of women.



ANNE COX CHAMBERS

Media magnate

■ She's one of America's richest women, with a net worth of almost \$2 billion. But Chambers, 68, co-owner of Cox Enterprises, a media conglomerate, has never been satisfied with the typical life of a society matron. She's been involved in politics and philanthropy, and she served as ambassador to Belgium during the Carter Administration. "We assume obligations," she says, "as well as privileges."



CHER

From tacky to triumphant

■ It wasn't so very long ago that Cher couldn't get producers to return her calls. But the former Cherilyn Sarkisian, 42, who started out in show business as half of the pseudo-hippie duo Sonny and Cher, eventually landed a role in *Mask*—and went on to win an Oscar for *Moonstruck*. "If you really want something," she says, "you can figure out how to make it happen."

JULIA CHILD

■ "I hope I'm remembered as having taught people how to cook," Child, 76, says humbly. She has, showing us how to keep our soufflés high and our boeuf bourguignonne *delice*. For her efforts, Child, who became enamored of French cuisine when her husband was assigned to the U.S. embassy in Paris, has been awarded an order of merit by the French government.

LIZ CLAIBORNE

■ For Claiborne, 59, fashion is big business indeed; last year her company racked up more than \$1 billion in sales. "Modern women want their clothes to show their self-confidence," she says, "and I design for them."



DANNIELLE COLLIVER

In the fast lane

■ With the successful "Heartbeat of America" ads for Chevrolet, Colliver, 45, showed her ability to take the national pulse. As passenger-car advertising manager for Chevy, she is responsible for \$200 million a year in advertising placements. "I can't think of anything," she says, "that I'd rather do."



ANITA DeFRANTZ

Making waves

■ A world-class rower, she's the first American black to serve on the influential International Olympic Committee. DeFrantz, 36, is also an attorney and an advocate for minority athletes. "The opportunities I've had and the opportunities denied me give me a passion to make sure others are not denied."

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ELIZABETH DOLE

■ A star campaigner, she resigned as Transportation Secretary to help her husband's presidential bid. Dole, 52, a Harvard Law graduate, is often mentioned as a contender for public office herself. "My life has unfolded," she says, "in a way that is challenging and has made a difference."

MARION WRIGHT EDELMANN

■ "You really *can* change the world if you care enough," Edelman, 49, says. Her own life is proof. Founder of the Children's Defense Fund, she has been tireless in her efforts to make America safe for its youngest and poorest.



SUSAN ESTRICH

Breaking down the last political barrier

■ The first woman to manage a major presidential campaign, Estrich, 35, is a shrewd strategist who's also a Harvard Law School professor. "Nothing succeeds like success," she says. "The fact that I'm running an effective campaign is more important than my gender."



MARCH FONG EU

Watchdog politician

■ As Secretary of State for California, she keeps a steady eye on candidates' financing. Eu, 61, the first Asian-American elected to statewide office in California, says, "The job lets me serve as a role model."



LISA HILL FENNING

Women and law

■ "After I graduated from law school, firms were interviewing women, but they weren't hiring them," says Fenning, 36. Now a bankruptcy judge and president of the National Conference of Women's Bar Associations, she works to erase the legal bias that remains.

ANNA FISHER

■ A physician, she became the first mother to go on a space mission. At 39, she's now expecting her second child—and she's also expecting to remain an active astronaut.

JANE FONDA

■ She's an accomplished actress, but she's as well known for her interest in politics and fitness. During the sixties she was identified with the radical antiwar movement. Fonda, now 50, finally mellowed in the eighties and became an aerobics guru.



HELEN FRANKENTHALER

The drive to create

■ She won her first prize at the age of ten. Since that humble beginning, Frankenthaler, 59, has become one of our most influential artists, creating an outstanding body of work. "I feel I *must* paint," she says. "I have no choice."



MARY HATWOOD FUTRELL

Shaping the future of education

■ A teacher, she knows how important education is to the country's future. As president of the National Education Association, Futrell, 48, has helped produce a landmark report on the state of teaching in the next century.



ELLEN GALINSKY

Caring about child care

■ As director of the Work and Family Life Studies program at the Bank Street College of Education, in New York City, Galinsky, 46, researches such issues as parental leave and day care. "It's my passion," Galinsky says, "to try to improve the lives of children."

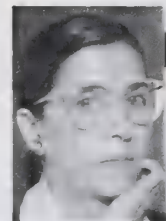


CAROL GILLIGAN

Studying the psychology of women

■ Is the psychological character of women different from that of men? That's an enormous question, but Gilligan, 51, professor at Harvard's Graduate School of

Education and author of *In a Different Voice*, has begun answering it. "To connect women's lives with psychology and education," she says, "means thinking about human nature in new ways."



RUTH BADER GINSBURG

Holding court

■ When the women's movement took its battles to court, Ginsburg was there, arguing landmark equal-rights cases. In 1980, after nearly twenty years as a law professor at Columbia and Rutgers University law schools, she was appointed to the U.S. Court of Appeals in Washington, D.C. "I am making a contribution," says Ginsburg, 55, "to something greater than myself."



MARY GOOD

High tech, high profile

■ As chairman of the National Science Board, she is the first woman to oversee the National Science Foundation, the agency that sets the country's science policy. And Good, 57, a chemist, is also president of engineered materials research for Allied-Signal Inc., a large advanced-technology company.



KATHARINE GRAHAM

Always in the news

■ When she took over the Washington Post Company in 1963, following her husband's suicide, she doubted whether she would succeed. But Graham, 71, made the *Post* one of our most influential newspapers. And although she's stepped down as publisher, she remains CEO of the \$2.5 billion company.



PHYLLIS GRANN

From shorthand to best-sellers

■ She gets paid for what she loves to do: read. A true American success story, Grann, 51, worked her way up from a secretarial job to CEO of the Putnam Publishing Group. Under her management, Putnam has grown steadily, and its books appear regularly on the best-seller lists. "My job," she says, "doesn't seem like work at all."

It's amazing how quickly kids start using four-letter words.

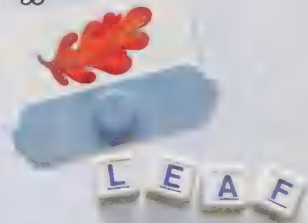
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Boggle Junior

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ELINOR GUGGENHEIMER

■ woman of action

■ "I see something that has to be done, and I organize it," she says of her fifty-plus years of activism

helping women, the elderly, consumers and, most of all, children, by founding the Child Care Action Campaign.



SARAH HARDER

Making connections

■ An organizational whiz, Harder, 51, is the president of the American Association of University Women.

And she also coordinates national and international women's networks. "My job," she says, "makes connections work for women in a world of challenge."

KATHARINE HEPBURN

■ She's the only movie star with four Oscars to her credit, but Hepburn, 81, has never seemed part of the entertainment establishment. And off-screen, her flinty, no-nonsense character mirrors many of the roles she's played. Referring to herself, she says briskly, "As long as the car goes, I'll be driving it."



CARLA ANDERSON HILLS

High-powered Republican

■ She's been a federal prosecutor in Washington and a Cabinet member under President Gerald Ford.

But Hills, 54, now a partner in the prestigious law firm of Weil, Gotshal & Manges, still isn't satisfied with what she's accomplished. "Each day," she says, "there's more to keep me motivated and challenged."



KAREN HORN

From policy to profits

■ Chairman and CEO of the Cleveland unit of Bank One, she oversees a bank holding company with

\$1.5 billion in assets. Horn, 44, was also the president of a regional Federal Reserve Bank. "I loved making policy," she says. "But I like managing my own shop."



SHIRLEY HUFSTEDLER

L.A. lawyer

■ When she began practicing law, in 1950, Hufstедler says, "People thought it was a very strange

thing for a woman." No longer, thanks to trailblazers like Hufstедler, 63, now a managing partner in the Los Angeles firm of Hufstедler, Miller, Carlson and Beardsley, who succeeded in three tough fields: corporate law, Washington politics (as Secretary of Education) and the federal judiciary.



ANNA FAITH JONES

A friend of those in need

■ The first black woman in the U.S. to head a major community foundation,

Jones, 56, oversees an endowment of \$200 million, as well as an annual distribution of almost \$12 million. Her most recent venture: the Poverty Impact Program, which focuses on such issues as teen pregnancy and infant health care.



FLORENCE GRIFFITH

JOYNER

World's fastest woman

■ Her performance in the 100-meter dash set a pace that experts thought couldn't

be achieved by a woman before the next century. And Griffith Joyner, 28, sister-in-law of superathlete Jackie Joyner-Kersey, did it in style, running in a one-legged bodysuit and sporting rainbow-colored fingernails. Her secret: "I pray hard, work hard and leave the rest to God."

JACKIE JOYNER-KERSEE

■ She went to college on a basketball scholarship, but it's in track and field that Joyner-Kersey, 26, has made her mark. In the demanding heptathlon, which includes seven competitions over a period of two days, she's become the highest-scoring athlete in history. And she has done all this despite an asthmatic condition that is aggravated by exercise. "I always wanted to be a special person," she says.

ROSABETH MOSS KANTER

■ Her knowledge of business comes from experience as well as theory: She founded a management consulting firm, and she's a professor at Harvard Business School. Now she's also working as a senior adviser to the Dukakis campaign. "It's a chance," she says, "to work on some of the pressing problems of our time."

DONNA KARAN

■ It's no surprise she chose to become a designer; her mother was a fashion model. After several years of designing for her mentor, Anne Klein, Karan, 40, formed her own company, Donna Karan New York. Her hallmark: sophisticated, no-fuss separates. "It gives me pleasure," she says, "to help women make their lives easier."



NANCY KASSEBAUM

Political tradition

■ The daughter of Alf Landon, the Republican presidential nominee in 1936, the GOP Senator from Kansas,

56, is one of the more outspoken members of her party pushing for sanctions against South Africa. "This job," she says, "lets me work for what I believe in."



LILLIAN VERNON KATZ

Success by mail

In 1951, as a young housewife, she placed an ad in a magazine, selling purses and belts and

offering free monograms. Six weeks later, she had \$16,000 worth of orders. Today, her company, Lillian Vernon, ships 3.6 million orders yearly. "I'm shy," says Katz, 61, "but I have no problem doing anything entrepreneurial."



BISHOP LEONTINE KELLY

Doing God's work

■ The only black woman bishop of a major denomination (the United Methodist Church), Kelly, 68,

joined the ministry after her husband's death. "I have served as spiritual leader to many people," says Kelly, a mother of four, who ministers to 95,000 church members in California and Nevada. "They in turn have ministered to me. God's work is always reciprocal." ▶



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They're gonna move you. They're gonna soothe you. Sheer Energy! She's got L'eggs!

■ "Nobody doubts that I'm strong," Kirkpatrick says. She's right. The former U.S. delegate to the United Nations is a steely conservative whose foreign-policy positions have made her enormously popular in the GOP. Still, she declined to be considered for the party's vice-presidential nomination. It's unlikely, though, that Kirkpatrick, 62, a scholar who once wrote a book called *Political Women*, will want to remain on the sidelines permanently.



VERA KISTIAKOWSKY

Working for a safer world

■ She is a rare combination of scientist and activist, working in the field of astro-

physics while pressing the government for a cutback in the arms race. Kistiakowsky, 60, of the Massachusetts Institute of Technology, says she hopes "to make a nonradioactive world for my two children."



KAY KOPLOVITZ

High-tech pioneer

■ An expert in satellite communications, she helped form the USA Network, the first basic

advertising-supported cable service in the U.S. As the network's president and CEO, Koplovitz, 43, was also the first to create an award-winning national children's program on cable. "I love making this business work," she says.

MATHILDE KRIM

■ Since her early warnings that AIDS poses a worldwide threat, Krim, 61, the founding chair of the American Foundation for AIDS Research, has contributed her own skill as a researcher to help find a cure for the most terrifying disease of our time. "Modern biology can solve this," she says. "We simply have to make our minds up."



JOAN KROC

Lady with a cause

■ A philanthropist and the widow of McDonald's founder Ray Kroc, she's made substantial grants to

social service programs. Now in her 60s, she also directs Ronald McDonald Chil-

dren's Charities, and she's donated her California ranch as a recreational facility for young people with health problems.



ROSE KUSHNER

Fighting breast cancer

■ Since she underwent a mastectomy in 1974, Kushner, 59, has changed the medical profession's

approach to breast cancer, lobbying for laws giving patients a greater say in their own treatment. "My own unhappy circumstances," she says, "have put me in a position to do good."

ANN LANDERS

■ After thirty-three years of dispensing daily doses of advice, wit, humor, common sense and compassion to more than 90 million readers, Landers, 70, still finds her work "stimulating and satisfying. It connects me with all humanity."



MARY LASKER

Crusader for health

■ "Why not spend to keep people alive?" she asks. For nearly fifty years

Lasker has been working tirelessly to increase private and government funding for medical research to conquer the major diseases of our time. She's most closely associated with the American Cancer Society. The Albert and Mary Lasker Foundation awards prestigious annual prizes for medicine. Forty-five of its recipients have gone on to win the Nobel Prize.



ESTEE LAUDER

Empress of beauty

■ Perhaps the most successful woman ever in the cosmetics industry, she has created perfume and

makeup that are used by women around the world. Lauder also contributes to cultural projects through the Lauder Foundation. "I've enjoyed creating products that help a woman be more beautiful. It makes my work satisfying," she says.



NANCY G. LEVESON

Software as safeware

■ This 44-year-old computer scientist and college professor invented the field of software safety for

defense systems, but she says her research now includes safety procedures for the fields of commercial transportation, medicine and nuclear power as well. "It gives me tremendous satisfaction to be doing something important that may help others and may save lives," she says.



JUDITH LICHTMAN

Living her dream in the courtroom

■ "I wanted to use my law degree to be an activist for those who are underrepresented. My job allows me to fulfill that dream," says Lichtman, 48. Since 1974

she has headed the Women's Legal Defense Fund, in Washington, D.C., an advocacy group founded by attorneys and committed to advancing the rights of women. Under her leadership, the fund has participated in every affirmative-action case brought before the Supreme Court.



DONNA LOPIANO

A good sport

■ As director of women's athletics at the University of Texas at Austin, this former All-America athlete has built what many consider the premier women's athletics program in the U.S.

All eight department teams hold national rankings. Lopiano, 42, says, "Removing barriers to women's participation in sports is what I've been doing all my life."



WILMA P. MANKILLER

Cherokee chief

■ Elected last year as the first woman to be Principal Chief of the Cherokee Nation, the second-largest

American Indian tribe, Mankiller, 43, is proudest of constructing a vocational-educational center for disadvantaged youths in the tribe's capital, in Tahlequah, Oklahoma. She says, "My actions can directly benefit individuals and make a difference in their lives." (continued on page 221)

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After years of trying, no one has found a simpler filter basket design than ours.

greatest variety of color available, in 4-cup and 10-cup sizes.

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How to jump-start a stalled marriage

You still love each other . . . in a comfortable sort of way. There's nothing really wrong, but there's nothing exciting either. What can you do to recharge a relationship that's run out of steam? Plenty!

A friend I'll call Diane knew exactly what I meant when I asked her if the metaphorical battery that sparks her marriage had ever gone dead. In fact, tears sprang to her eyes, surprising us both. She made me promise not to use her real name, since, as she put it, "Steven and I are so involved in the community that I wouldn't want our little troubles spread all over the place. And that's just it. They were little troubles. But I was scared anyway."

For Diane, a trim and attractive blond in

her forties, the realization that her marriage was running on empty came at an odd moment—when she stopped in a store to get a birthday card for Steve, who'd be turning forty-two. She looked and looked, reading card after card filled with mushy verses, sexy innuendos, witticisms, wisecracks and lofty poetry. Not one sentiment moved her, not one said anything about how she really felt about Steve—and their future together—at that moment.

"I nearly broke (continued on page 61)

By Sondra Forsyth Enos

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HOLIDAY DATE BREAD

(Makes 2 Loaves or 32 Twists)

6½ to 7 cups GOLD MEDAL® Flour
1 cup KRETSCHMER® Wheat Germ
¼ cup sugar
2 packages FLEISCHMANN'S® Active Dry Yeast*
2 teaspoons salt
1 cup milk
1 cup water
½ cup butter or margarine

2 (8-ounce) packages DROMEDARY® Chopped Dates or DROMEDARY® Pitted Dates, finely snipped
2 eggs, at room temperature
1 cup orange juice
2 teaspoons cinnamon
1 egg white, lightly beaten with 1 tablespoon water
All Natural PAM® Cooking Spray

In large bowl, mix 2 cups flour, ½ cup wheat germ, sugar, yeast and salt. Heat milk, water, butter and ½ cup dates to 125° to 130°F. Add to dry ingredients; beat 2 minutes at medium speed of electric mixer. Add eggs and ½ cup flour. Beat at high speed 2 minutes. Stir in enough additional flour to make soft dough. Knead on lightly-floured surface until smooth, about 8 to 10 minutes. Place in bowl coated with PAM Cooking Spray; spray top of dough with PAM. Cover; let rise in warm, draft-free place until doubled, about 1 hour.

In saucepan, combine remaining dates, orange juice and cinnamon. Cook and stir over medium heat until thickened, about 10 minutes. Remove from heat and stir in remaining wheat germ; cool. Reserve.

Punch dough down. Shape as desired (directions follow). Spray shaped dough with PAM. Cover; let rise in warm, draft-free place until doubled, about 30 to 60 minutes.

Brush with egg white mixture. Bake at 375°F (45-50 minutes for Loaves/12-15 minutes for Twists/25 minutes for Cornucopia, or until done). If needed, cover with foil during last 5 to 10 minutes to prevent over-browning. Remove from pans; cool on wire racks.

TWIN LOAF

Divide dough into 4 equal pieces. Roll each to 8 x 9 inches. Spread each with ¼ filling. Roll up tightly from long side as for jelly roll; pinch seams and ends to seal. Place two loaves, side by side, seam sides down, in 9 x 5 x 3-inch loaf pan coated with PAM. Repeat with remaining two loaves. If desired, sprinkle with additional wheat germ before baking.

BREAKFAST TWISTS

Divide dough into four equal pieces. Roll one piece to 8 x 20 inches. Spread ¼ filling on dough to within ½-inch of edges. Lift 8-inch end and fold over ⅓ of dough; lift other 8-inch end and fold over opposite ⅓ dough to enclose filling. Starting from folded side, cut into 8 strips. Twist each strip at middle and place on baking sheet coated with PAM. Repeat with reserved dough and filling. To serve, top with sifted confectioners' sugar if desired.

*To save up to 50% rising time, use FLEISCHMANN'S® RapidRise™ Yeast. Follow above directions, except reduce first rising by covering kneaded dough and letting rest on floured surface 10 minutes. Proceed with recipe.



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in healthy nails. Gently massage new Hand & Nail Formula into your hands and each nail to give hands and nails the treatment they deserve. For smoother hands and stronger nails.



JUMP-START MARRIAGE

continued from page 58

own crying right there in Main Street allmark," Diane confessed. "After eighteen years of marriage, three kids and all those shared holidays and vacations—I felt no passion for my husband at all. I had this awful sense that we were just two people going through the motions with no dreams, no stars in our eyes anymore."

If, like Diane, you've ever felt that your marriage has lost the power to excite and move forward, you're not alone. And while for many, a stalled marriage is a peculiarly mid-life phenomenon, both couples and counselors say that newlyweds as well as golden-agers can be afflicted. The common denominator: a pervasive sense of apathy and inertia, a feeling that the passion has died. According to Robert L. Barker, M.S.W., Ph.D., who is affiliated with the National Catholic School of Social Service, in Washington, D.C., and maintains a private practice in Maryland, this type of marital problem is "a kind of depression à deux that makes anything beyond the necessary seem like just too much effort." In fact, Barker points out that in a stalled marriage, outright fights are rare, because hostility takes energy.

People who genuinely need professional help—such as those who have problems with substance abuse or domestic violence—usually have a high level of energy, albeit negative energy, in their relationship. They may be careening at breakneck speed in the wrong direction, but they are not at a standstill. Stalled couples are more likely to be a bored bunch of couch potatoes than a battling twosome.

What is it that extinguishes the spark in so many marriages? And most important, what can be done to jumpstart a relationship once the charge is gone? Pepper Schwartz, Ph.D., co-author with Philip Blumstein, Ph.D., of *American Couples: Money, Work & Sex* (Morrow, 1983), believes the villain is "the deadening effect of routine."

"Habituation can kill even the strongest relationship," Schwartz notes. "Yet oddly enough, our research shows that most people believe they are doing the right thing when they fall into a rut, because they feel safe doing what they know will work. In bed, for example, early in the relationship, a couple find one, at the most two, ways to bring each other to orgasm. After that, they never experiment."

"In other aspects of their lives as well," Schwartz continues, "efficiency and predictable success take the place

of spontaneity and innovation. Couples eat at the same time, use the same recipes and menus, watch the same TV shows, and so on. No wonder the battery runs down."

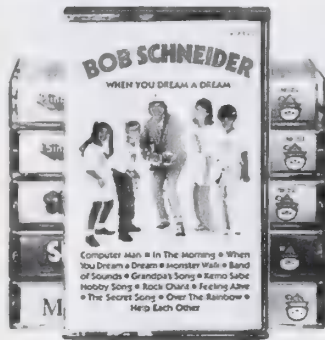
For many couples, of course, the major culprit is time, or rather lack of it. People with busy careers, children, elderly parents, financial responsibilities and community obligations often find that simply getting through the day is a major feat. Yet, experts agree, it's essential for couples to continue to nurture their relationship in spite of all these very real obstacles.

"That means," says Lois Kalafus, M.S.W., L.I.C.S.W., a marriage counselor in private practice in California, "not letting your relationship fall to the bottom of your list of priorities. There are many busy couples who still manage to maintain a vital personal relationship. Those who complain that external demands leave no time or energy for the marriage are really just looking for an excuse."

So what's the solution? Experts agree you have to develop the nerve to scramble that deadening routine, and the confidence to try new things—even if you feel a bit embarrassed at first and even if your new attempts don't work as well as the old ones right away.

Certainly, at the top of (continued)

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SONY

JUMP-START MARRIAGE continued

every expert's list of what you can do is the advice you've heard over and over again: Learn to communicate. "Many couples in stalled marriages," notes Evelyn Greenblatt, A.C.S.W., C.I.S.W., a clinical social worker in private practice in Branford, Connecticut, "fall into the mind-reader syndrome. They believe that if they truly loved each other, they would somehow know exactly what the other wants and needs, whether it's dealing with dissatisfaction in the sexual part of their relationship, disappointment over dreams that never came true—or even what they want to do on Saturday night. I can't emphasize enough how essential it is that both husband and wife learn to say what's on their minds."

Of course, this is often a lot easier for women than for men. "Women seem more connected with their feelings than men are," notes Kalafus, "or at least they are better able to verbalize what's bothering them." Some wives may be able to break through the communication barrier by simply persisting in a strong nonconfrontational manner. "You could say," Kalafus notes, "I'm going to share something important, something I'm concerned about, and I need your input."

But others need more help. Here, gathered from the pros, a potpourri of advice guaranteed to recharge—fast—a marriage that's merely cruising along in the slow lane.

Make time for just the two of you Notes Dagmar O'Connor, author of *How to Make Love to the Same Person for the Rest of Your Life—and Still Love It* (Bantam, 1986) and director of the sex therapy program at St. Luke's-Roosevelt Hospital Center in New York City, "Couples must learn not to let parenthood take up all their time and energy. If you can afford to take a vacation without the kids, great. But it's not really necessary. Just start small—like by putting a lock on your bedroom door and making firm rules about that room being a private place for Mommy and Daddy when the door is closed. Give yourself permission to do that—whether you need the time for sex or just for talking and reading."

O'Connor also suggests you break free of the standard evening routine of dinner/dishes/TV. "Try feeding the kids first once in a while, get them to sleep, then make some sandwiches or bring in Chinese food. Light some candles, set the table with your good dishes and enjoy being together."

Add fun to your relationship Remember how it was when you first met, during

those early months of dating? You laughed, you played jokes on each other, you left love notes in the odd places, you did silly things. Well, playing a courtship game now, even you do feel a bit foolish at first. Barl suggests calling each other on the phone during the day (even busy people can make a five-minute phone call!). Ask your spouse out for a date. Then get a baby-sitter, and don't cancel unless it's an emergency. When you are alone together, steer the conversation away from problems: Don't talk about the dishwasher you have to buy or how the kids always fight.

Fantasize "Our brain is our most underused erogenous zone," says Dagmar O'Connor, "and the best way to heat up a marriage low on steam is to learn the art of fantasy." Talk about sex before it happens, she advises. Plan the evening—in the morning before you leave for work or on the phone during the day. Remind him about that sexy nightgown you'll wear, the champagne that you'll open. "Remember what it was like when you were eighteen and you thought about a date all day long?" O'Connor adds.

Get physical We're not talking about intercourse here. "Too many couples think that when they get into bed they have to get right down to the business of sex," O'Connor says. "I'm talking about getting to know each other's body, becoming friends with each other's body." (In fact, when couples are striving to improve intimacy, sex therapists actually forbid them to have intercourse until they re-establish their emotional rapport.)

Getting physical is really an exercise in nonverbal communication, a chance to link up via your senses—touch, eye contact, body language, scent and sound—without the pressure to perform. "Couples don't spend enough time being physical in little ways," O'Connor adds. You could be sleeping nude, holding hands while you lie in bed together and talk, linking arms when you walk down the street. And don't forget to kiss each other good-bye in the morning and good night in the evening—something long-married people in a hurry often forget to do.

Experts also suggest that you exercise together—play tennis, walk, do aerobics, work out on the Nautilus machine at your local Y or health club. After exercising, shower together and soak each other up. The point: If you feel good about your own body, you'll feel more intimate, more stimulated—and more aroused sexually.

Flatter each other Oscar Wilde once said that the only pleasant things to pass are compliments. Why, (continued)



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■ JUMP-START MARRIAGE

continued

then, are most of us so stingy with them? Perhaps the mind-reader syndrome is at work again here. Yet, as Barker points out, the power of a sincere compliment is enormous, and he recommends that stalled couples vow to pay each other one compliment a day—but not about their appearance or attire. Instead, compliment each other's personal qualities and deeds, such as generosity, kindness, honesty, persistence, willingness to share work and responsibilities, a sense of humor, and so on. Barker also adds that for more impact, one spouse's compliment must not be in exchange for the other's. For instance, suppose your husband says, "I love how you go out of your way for others, like the time you spent your whole lunch hour hunting for that book you knew I was dying to read." Don't merely lob the compliment back and say, "I love the way you think of others, too." Instead, smile and accept his compliment, allowing him to enjoy the good feeling of having given it, while you savor the fact that he noticed something special about you. Later, pay him a compliment unrelated to the one he paid you.

Share feelings on paper Borrow a trick

from the Marriage Encounter movement. The crux of that program is a communication tool called "dialogue" that begins with writing letters of love. During the exercise, both people write down everything on paper. That way, the more talkative spouse, usually the wife, doesn't interrupt. And the less talkative spouse has time to follow each train of thought.

Here's what you can do: The first time you try this exercise, pack the kids off to Grandma's for the weekend, or one night if that's all you can manage. If you can afford it, check into a hotel or resort for a little glamour (and no household chores), so you can focus more on one another. Then, paper and pen in hand, describe what you love in the relationship, what troubles you, what you wish you could do together. Try to use "feeling" words. Instead of saying, "I don't think you should spend so much time at work," say, "I feel lonely and abandoned when you're at the office for so long. I know you have to spend time on your career, but there's no time left for me." Then talk about what each of you has written. And make sure you don't interrupt with hostility, sarcasm or defensiveness. Continue to use this letter-and-dialogue tool at home for at least one twenty-minute session every week.

Share an activity It doesn't matter whether it's bicycling, ballroom dancing or restoring antiques, as long as you both honestly love it. This is what finally worked for Diane and Steve.

"When Steve and I were in college," Diane recalled, "we had both been active in the drama club. We dropped that interest ages ago, what with babies and housework and all. But I recently saw a notice for a community theater group that was putting on *Hello, Dolly!* I kept bugging Steve, and finally he agreed to try out. We got lead parts—two middle-aged lovers. We're very involved in the group; we're not actually performing, we're painting sets and hauling scenery backstage. And now we have so much to talk about and to look forward to."

There are many techniques for recharging a marriage, but as Pep Schwartz cautions, "No one can stand to be in the frenzied state of falling in love all the time. We need the relaxation of a comfortable relationship. The trouble comes when we get too habitual."

"Couples should plan on recharging those batteries four, five, six times the life of a relationship," she adds. "Don't wait till the spark has completely died—introduce the juice soon as you notice a slowdown."

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SPECIAL: a blueprint for our next PRESIDENT

If you could create your vision of the perfect president, what would he be like? What actions should he take?

In this election month, we asked women all over the country to design the ideal leader.



When selecting his cabinet, should our next president base his choices primarily on the candidates' political influence, competence or trustworthiness?

Just over half the women polled said competence should come first. Forty percent thought trustworthiness should be the main criterion; a scant 2 percent favored political clout.

What aspects of the president's private life and general image are important to you?

(Percentages below refer to those who responded "very important")

Sixty-nine percent said a president should be compassionate to people in need; 50 percent wanted him to be close to his children. Many felt he should have a good sense of humor (38 percent), buy and use American products (37 percent), present a well-tailored image (34 percent) and attend religious services regularly (32 percent).

Whom should the president choose as his unofficial advisers?

Respondents thought that the president ought to heed the advice of members of the clergy (53 percent) and of his wife (51 percent). Whose counsel should he avoid? Astrologers led the list, with 87 percent saying no, followed by major financial backers, at 67 percent, and personal friends, cited by 62 percent.



Whether the next White House resident is Democrat Michael Dukakis or Republican George Bush, women have definite ideas about what he should do

Regarding international affairs, what should be the most important priorities on the president's agenda?

(Percentages below refer to those who responded "very important")

- Working toward worldwide nuclear disarmament (62 percent)
- Encouraging heads of state to meet in Washington to discuss world problems such as acid rain (58 percent)

- Meeting with all parties in the Middle East to try to bring about peace (56 percent)

Regarding domestic affairs, what would you most like to see the president do?

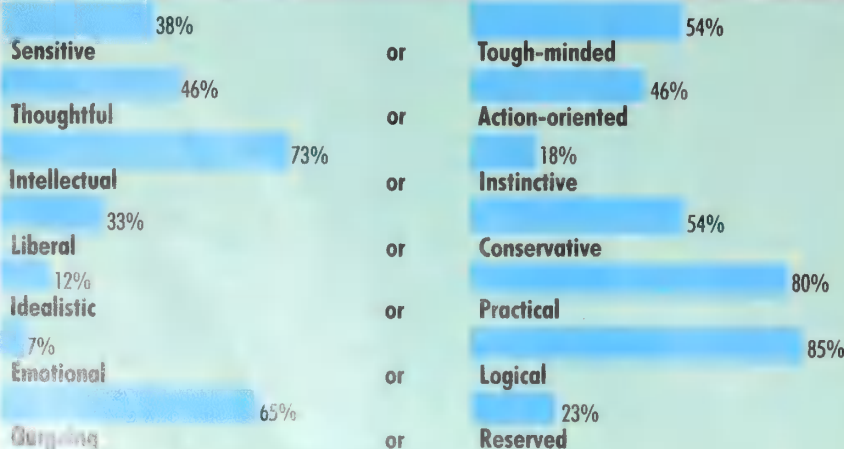
(Percentages below refer to those who responded "very important")

- Make the public feel that he knows where he wants to take America (68 percent)
- Support federal funding for housing for the homeless (49 percent)
- Support funding for better day-care services and facilities (41 percent)

As for the day-to-day approach to his job, an overwhelming majority—72 percent—thought it was most important that the president stay on top of anything he delegates to others.

Do you have a question you'd like asked in our ongoing survey of the American women? Send it on a card to: Roper Questions, LHMJ, 100 Park Avenue, New York, NY 10017.

If you had to choose a president who was clearly dominated by one of the two characteristics in the following pairs, which one would you choose?



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A DEADLY SILENCE

The terrible ordeal of a young girl and her family destroyed by their own secrets

O

n February 5, 1986, James Pierson was shot to death in the driveway of his suburban Long Island home. It was discovered that his sixteen-year-old daughter, Cheryl, had paid a classmate, Sean Pica, to commit the murder. She said her father had been molesting her since she was eleven, and she felt there was no other way to stop the abuse.

Although Cheryl's tale of incest was shocking, what was also shocking was how many people suspected abuse yet found it too frightening or difficult to confront.

James Pierson always slept with the bedroom door open. It was a statement of the way he believed a family should live. "No secrets," Pierson would say. "We're a family. We live together." (continued)

From the forthcoming book *A DEADLY SILENCE*. Copyright © 1988 by Dena Kleiman. To be published by the Atlantic Monthly Press.



Top, a shattered Cheryl Pierson after her sentencing. Above, with her father, James, and her younger sister, JoAnn, the year before the murder. At right, Cheryl and her father at her sweet sixteen party



By Dena Kleiman

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A DEADLY SILENCE

continued

Pierson was an electrician by training—a large, burly man with red eyes and a freckled, boyish face. His foot frame carried a large belly. It was his hands that were most like the man himself. Massive. Rough. Pierson walked into the bedroom of his younger daughter, JoAnn, eight years old. Under the covers, she was almost invisible in the room crammed with the latest teddy bears and Barbie dolls. Ever since her mother's death, Pierson had filled the child's room with possessions as if they could fill the void left behind by his wife. It was good enough to be a father to his twenty-nine-year-old son, his namesake. But with the death of his wife from a heart failure, he had more on his mind than he was prepared to handle. "See you later, peach," Pierson said, kissing the child on her forehead. She smiled and gave her father a hug. Pierson now made his way into the room of his other daughter, Cheryl, sixteen years old. "Are you awake?" he asked. "Uh-uh," she grunted. "Now, don't fall back asleep." Pierson grabbed his plaid hunting vest and tan down vest before he opened the door off the kitchen. The pavement was slick, the sky ominous. There is no way James Pierson could have spotted the slender young man hidden behind the tree in his driveway, a scrawny sixteen-year-old with braces still on his teeth and not even a hint of a beard. No one heard the shots. But seconds later on this quiet stretch of single-family homes, James Pierson lay dead. It was Cheryl who discovered her father's body. A demure brunette with hazel dark eyes and a button nose, Cheryl's looks were well scrubbed and American. Co-captain of her high school's junior varsity cheerleading team, she seemed an outgoing, self-confident teenager. When her father didn't respond to her cries, Cheryl ran across the driveway to the home of her neighbors. An ambulance was called.

First the police suspected Jim Pierson, Jr., of shooting his father. Their relationship had been troubled, and his father had been planning to disinherit him. Under questioning by the police, he revealed that his sister Cheryl had talked to him about having their father killed. Jim said that at the time he hadn't taken her seriously: He thought she'd been kidding.

To know the whole story," Detective

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Jim McCready said. He, Cheryl and another detective were seated in the lieutenant's office at police headquarters. The door was closed.

"I may not know all the details," he said. "But I know that you did it and why you did it. I know what was going on between you and your father. Is it true?" She did not reply. "Listen, you don't have to be embarrassed. We've been around. We know about these things. So just tell us and don't worry about it. Okay? When did it start?"

"When I was eleven," she finally said, choking on the words. Her voice

was that of a little girl.

"Did you ever have intercourse with your father?"

She nodded and looked down.

"How old were you?"

"Thirteen."

McCready questioned Cheryl for forty-five minutes. If it was not for her sister, she told him, she could have "lived with it." But now that she had a new boyfriend, Rob Cuccio, and was spending more time outside the house, she was convinced her father was about to start abusing JoAnn. She told McCready about (continued on page 77)



Shown actual size
of 9½ inches.

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**When your party is
standing room only,**



watching TV," Alberta said.

"Did you know what Cheryl and her father were doing in the bedroom?" Paul Gianelli continued.

"Cathy told me they were watching sports."

"Where was Cathy?"

"Cathy was on the couch."

Alberta told of a night when Cathy was in the hospital. Cheryl and JoAnn came over for dinner, and JoAnn announced "Cheryl slept with Daddy last night." It was a comment that was hard to gauge. Alberta told Cheryl's mother and left it at that. What else could she do?

"Did there come a time when you began to suspect that there was sexual contact between Cheryl and her father?" Paul Gianelli asked.

"Yes," she replied.

"Did you go to the authorities?"

"I did not," she said sadly. "I was afraid of Jimmy."

Michael Kosser, Alberta's husband, was the next to take the stand.

"What did you think of James Pierson?" Gianelli asked.

"I thought he was very crude. He was always smacking the children. Pulling their hair, punching them. To me there was no reason for it."

"Did anything happen that caused you to look more closely?"

"In 1981 Cathleen Pierson's stepfather, John Fleckenstein, came to my house. He looked upset, and I asked what was the matter. And he said: 'I hope I'm wrong. I think Jimmy and Cheryl—something is going on.' He said he had walked in on them. Cheryl was under the covers lying on top of her father. I made a purpose of watching after that."

"And what did you see?" Gianelli asked.

"He was always pinching her, pulling (continued)

■ A DEADLY SILENCE

continued from page 73

her conversation with her classmate, Sean Pica, and how he had said for the right price he could kill someone.

"Why didn't you tell anyone?" McCready finally asked.

"I didn't think anyone would believe me," she answered.

Both Cheryl and Sean Pica pleaded guilty, thus giving up their right to trial by jury. Their sentence was to be decided upon by Judge Harvey W. Sherman. Sean Pica was sentenced before Cheryl was on April 28, 1987. For manslaughter he was given twenty-four years with eligibility for parole after eight years. Pica's motivation remains a mystery even today. Paid \$400 for the murder, he had no history of delinquent behavior—in fact, he'd been a Boy Scout. At present Pica is serving out his sentence in a maximum-security prison in upstate New York.

Because there was no physical corroboration, there were many who doubted Cheryl's word. That changed when Cheryl's hearing began September 9. The Piersons' next-door neighbor, Alberta Kosser, was the first to take the stand.

"How long have you lived on Magnolia Drive?" Cheryl's lawyer, Paul Gianelli, asked her.

"Twenty-two years," Alberta replied.

Under questioning by Gianelli, Alberta described her relationship to Cheryl, how she and Cheryl's mother, Cathy, had become good friends over the years and how as a frequent visitor in the Pierson home she had developed an intimate sense of the family's life.

"Cheryl was always in the bedroom with her father

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■ A DEADLY SILENCE

continued

her hair, fondling her, making remarks. He was rubbing her bottom."

"And what did you do?"

"I was disgusted," Michael Kosser said. "At first I thought I had the evil mind. But the more I looked, the more I saw."

"Did you ever consider contacting the authorities?"

"I didn't feel I had enough proof."

Seventeen witnesses were called by the defense during the course of the hearing. These neighbors and friends told of bruises and black eyes, of "naps" Cheryl said she had taken with her father. But none had spoken out. Proof is what they said they needed.

The only exception was Cheryl's young friend and classmate, Diana Erbentraut.

"Is there anything going on between you and your father?" Diana told the court she had asked Cheryl. "She looked at me. And the look. It was kind of like, help."

"What did you do after this encounter?" Gianelli asked.

"I went to the guidance counselor. I said it was important. And she said, 'I don't have time for you now.' I went to the guidance counselor again. I said I think something serious is going on. Cheryl was beaten. I think something is going on between her and her father. Her response was, 'I cannot take your word for it. Cheryl will have to tell me about it.'"

Judge Sherman complimented Diana for her courage. "Of all the adults who have spoken here in the courtroom, most of whom had suspicions, you are the only one who attempted to go to the authorities."

The surprise witness was Jay Fleckenstein, the brother-in-law of Cathleen. He had not seen the family in years.

"When you were here in 1982, what happened?" Gianelli asked.

"I went with Cathleen to the doctor's office. I asked her about a sudden change in the problems with her kidney transplant."

"What did Cathy say to you?"

"She said they had deteriorated because of the beating. James Pierson had given her. She said that Jimmy was fooling around with Cheryl, and she confronted him about it. When I asked her what she meant by fooling around, she told me that Jimmy had been molesting Cheryl while she thought Cathy was asleep. She further went on to say that Jimmy said she better not say anything about it. She made me promise that I would not say anything to anyone. I felt she feared for her, Cheryl's and my safety."

It was the most spellbinding revelation of the hearing. It meant someone else knew of the abuse. Cheryl's mother.

Cheryl speaks

On Monday morning at the start of the hearing's second week, Cheryl Pierson was called to the stand.

"What is your earliest memory of your father?" Patricia Gianelli began.

"I'm on a black minibike, and he's teaching me how to ride."

"What was your mother's health like?"

"Okay."

"Did there come a time when her health subsequently changed?"

"Yes. When I was about eleven."

"What happened to your family?"

"We grew closer together," she said.

"What happened when you went to visit her in the hospital?"

(continued on page 78)

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■ A DEADLY SILENCE

continued from page 78

"On the way there my father and I, we'd talk and stuff," Cheryl said, shifting in her chair. "My head was on his lap, and he'd stroke my back and rear end. It started off like that. We'd go every day. He started putting his arm around me, and he'd be rubbing my legs and chest."

"How did that make you feel?"

"I just thought he was showing me affection, and I was just happy."

"When your father was doing those things to you, did you tell anyone?"

"No. I didn't think anything was wrong. My father started paying attention to me. When he started touching me, I thought it was affection."

"Did you ever consider asking him to stop what he was doing?"

"Yes. I asked him why he was touching me, and he told me he touched me because he loved me and to never let any other person touch me."

"As you got older, did the situation change?"

"The older I got, the more possessive he got."

"How did you deal with the situation?"

"Just lay there," Cheryl said, bursting into tears. "He'd breathe in my

face . . . He'd look at me. I'd put a pillow over my face," she said as she choked on the words. "I'd block it out . . . until it was over."

Gianelli paused to let the image sink in. Then he asked, "When your mother was alive, did you in any way feel that she knew what was going on?"

"I knew she had arguments sometimes with him that me and my father were too close," Cheryl said.

"And after your mother's death?"

"I really don't think she knew, not until . . ." Cheryl paused, then blurted the answer. "I figured if she was in heaven, she would be watching us." Cheryl was sobbing now. "I felt she was mad at me. I felt she was watching, and I had to care after my sister. I had to make it up to her."

Paul Gianelli asked Cheryl about a day in November 1985—just nine months after her mother died—when she discussed a story in that morning's newspapers with a classmate at Newfield High School.

"I was in my homeroom, and Sean Pica right in front of me was talking about Beverly Wallace, who hired someone to kill her husband because he sexually abused her," Cheryl began, launching into a reenactment of their conversation. "'Who would do that?' 'I would if the money was right.'

'Well, how much money would want?' 'One thousand dollars.' I him I knew someone who wanted done. Later I told him it was me."

"Did you think about what you asking Sean to do?" Gianelli asked.

"I thought my father wouldn't sex with me anymore, that it would end," she replied, her voice even most cold.

The sentence

On the day Judge Sherman was to announce his decision, the courtroom was jammed. Cheryl Pierson's face ashen and stained with tears.

The judge appeared. "Is there anything you would like to say?" he asked.

"I," she gasped, leaning back in her chair. Her voice was thick with tears. "I realize what I did was wrong. I . . ." She took a deep breath. "Then Cheryl finally said, her voice filled with pain—"sorry."

Cheryl's deep sobs resounded through the courtroom.

"Cheryl Pierson," Judge Sherman said, "I hereby sentence you to three years' probation. As part of that sentence, you are to serve six months in jail."

Two court officers led Cheryl through a back door. She looked exhausted. Staring straight ahead as though she were in a trance, her hands locked in front of her, Cheryl Pierson was taken away.

"But I didn't want to interfere . . ."

There are many misconceptions about reporting child abuse that lead people to stay quiet when they should speak out. Joy Byrnes of the National Committee on Prevention of Child Abuse, says, "People are afraid to interfere with the family, afraid they'll be told to mind their own business. They're afraid that there will be repercussions on them or that the children may end up worse than before: They might be punished or removed from the home."

These fears are generally groundless. In many states, reports of child abuse can be made anonymously, and you do not have to submit proof. Representatives from local or state agency are sent to the home to investigate and to help the family in trouble. Children are taken from the home only in extreme situations, if it seems their lives are in danger.

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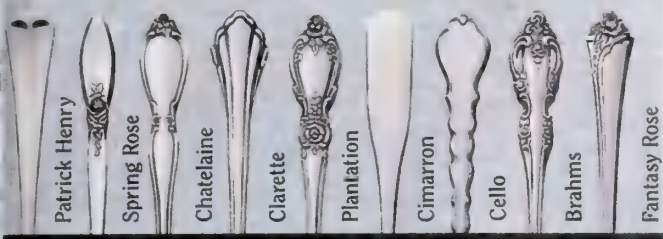
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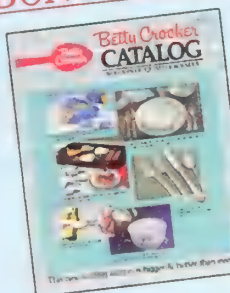
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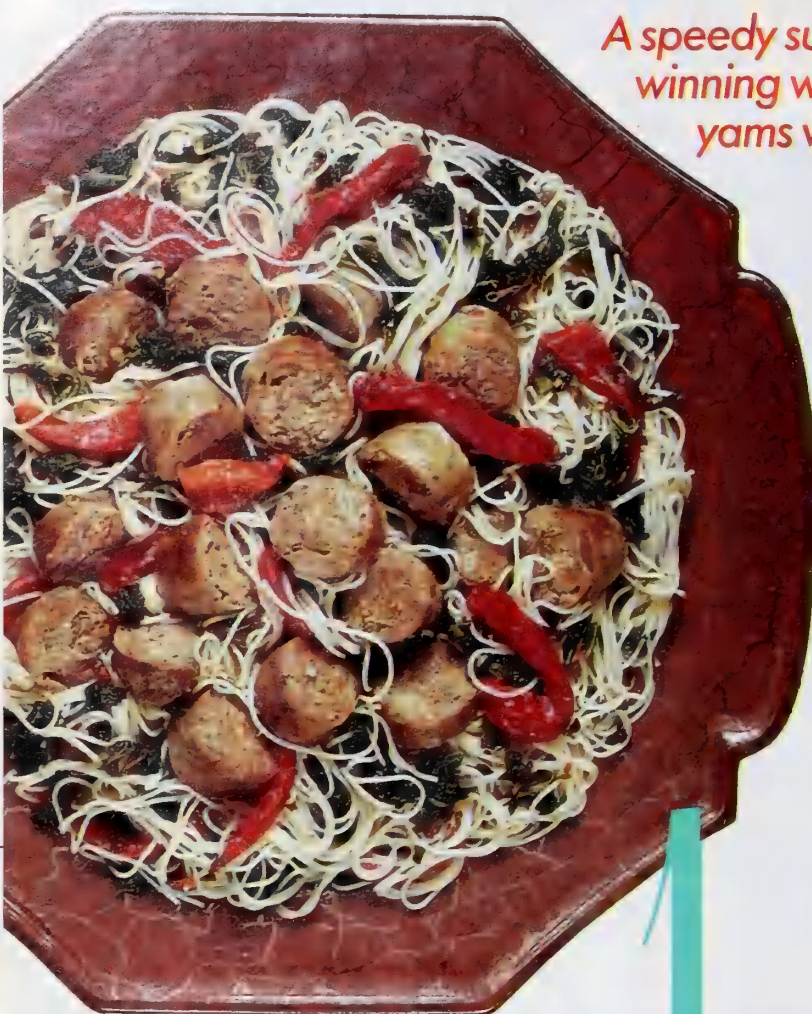


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A speedy supper Italian-style. Next page, winning ways with turkey leftovers and yams vs. sweet potatoes



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Nutrition info per serving: 330 calories, 14 gm fat, 7 gm protein, 43 gm carbohydrates, 687 mg sodium, 0 mg cholesterol.

PEARS WITH RICOTTA AND PISTACHIOS

A colorful dessert that's a snap to prepare and more elegant than fruit and cream.

In food processor or blender combine 1 cup ricotta cheese, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon grated lemon peel, 2 drops almond extract and a pinch salt. Puree until smooth. Drain 2 cans (16 oz. each) pear halves in heavy syrup. On each of 4 dessert plates arrange 2 pear halves and $\frac{1}{4}$ cup ricotta mixture. Sprinkle each with 1 teaspoon chopped pistachio nuts.

Nutrition info per serving: 290 calories, 6 gm fat, 8 gm protein, 54 gm carbohydrates, 120 mg sodium, 19 mg cholesterol.

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The secret ingredient that gives the sauce a zesty taste? Roasted red peppers.

In large saucepan heat 1 tablespoon olive oil over medium-high heat. Slice 4 sweet Italian sausages and add to skillet. Cook, stirring occasionally, until brown, 10 minutes. Drain. Add 1 can (14 oz.) Italian tomatoes, coarsely chopped, with their juice, $\frac{1}{4}$ teaspoon freshly ground pepper and a pinch sage. Cook, stirring occasionally, 10 minutes. Stir in 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry, and 1 jar (7 oz.) roasted red peppers, drained and sliced. Cook until heated through, 5 minutes more. Spoon sauce on top of cooked capellini. Sprinkle with 2 tablespoons grated Parmesan cheese.

Nutrition info per serving: Without pasta, 490 calories, 41 gm fat, 21 gm protein, 11 gm carbohydrates, 1,113 mg sodium, 89 mg cholesterol.

Menu

FOR FOUR

Italian Sausages
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and
Tomato Sauce

Capellini with
Parsley and
Garlic

Pears with
Ricotta and
Pistachios

Menu by
Carol Prager





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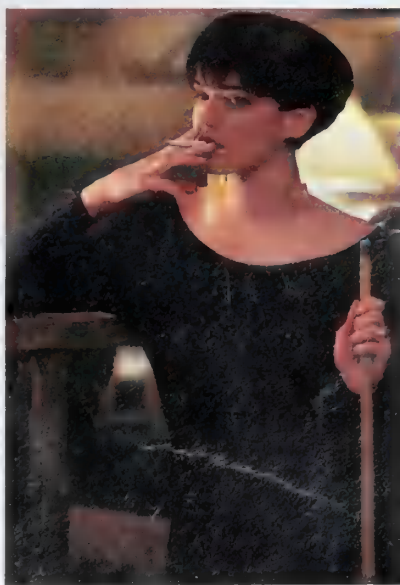


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let's talk

TURKEY

WONDERING WHAT TO DO WITH THE REST OF THAT TWENTY-POUND BIRD? HERE ARE FOUR IDEAS—EACH USES TWO CUPS OF CUBED TURKEY AND MAKES FOUR SERVINGS

oriental turkey

In bowl combine 2 tablespoons each soy sauce and white wine, 1 teaspoon cornstarch and ¼ teaspoon freshly ground pepper; set aside. In skillet heat 2 tablespoons salad oil on medium-high. Add 2 cups shredded cabbage, 4 green onions, julienned, 1 cup bean sprouts and ½ cup shredded carrot. Cook, stirring constantly, 2 minutes. Stir in turkey and soy sauce mixture. Cook until heated through, 1 minutes more. Spread each of 8 Oriental spring roll wrappers with 1 to 2 teaspoons hoisin sauce. Divide filling among wrappers. Fold edges over to form package.

Nutrition info per serving: 280 calories, 11 gm fat, 25 gm protein, 20 gm carbohydrates, 963 mg sodium, 66 mg cholesterol.

turkey pot pie

Heat oven to 450°F. Mix 2¼ cups baking mix, 1 cup shredded Cheddar cheese and ¾ cup milk until dough forms. Drop by spoonfuls onto greased cookie sheet to form 8 biscuits. Bake 10 to 15 minutes. In saucepan melt 3 tablespoons butter. Add ½ cup chopped onion, ¼ cup flour, ½ teaspoon each salt and freshly ground pepper, and a pinch thyme. Cook 3 minutes. Stir in 2 cups milk; cook until thickened. Add turkey and 1 package (10 oz.) frozen peas and carrots; cook 8 minutes. Pour into a pie plate; top with biscuits.

Nutrition info per serving: 785 calories, 36 gm fat, 42 gm protein, 73 gm carbohydrates, 1,661 mg sodium, 130 mg cholesterol.

turkey-corn chowder

In saucepan melt 2 tablespoons butter. Add ½ cup chopped onion, 1 teaspoon curry powder, ½ teaspoon each salt and freshly ground pepper. Cover; cook 2 minutes. Whisk in 2 tablespoons flour; cook 1 minute. Add 1 can (17 oz.) creamed corn, 1 can (13¾ or 14½ oz.) chicken broth, ½ cup milk, the turkey and 2 tablespoons chopped parsley. Cook until heated.

Nutrition info per serving: 315 calories, 12 gm fat, 25 gm protein, 29 gm carbohydrates, 1,256 mg sodium, 74 mg cholesterol.

microwave turkey chili

In 1½-quart microwaveproof dish combine ½ cup chopped onion, ½ cup chopped green pepper, 1 tablespoon salad oil and 1 teaspoon minced garlic. Cover with plastic wrap, turning back one section to vent. Microwave on High 2 minutes. Stir in 1 tablespoon chili powder, 1 teaspoon cumin, ½ teaspoon each salt and freshly ground pepper. Cover and microwave 1 minute. Add turkey, 1 can (15 oz.) pinto beans, drained, and 1 can (8 oz.) tomato sauce. Cover and microwave 5 minutes, stirring once. Serve with sour cream.

Nutrition info per serving: Without sour cream, 270 calories, 8 gm fat, 27 gm protein, 23 gm carbohydrates, 1,131 mg sodium, 54 mg cholesterol.

I'M CONFUSED. IS THERE ANY DIFFERENCE BETWEEN YAMS AND SWEET POTATOES?

Yams and sweet potatoes are not even related. Yams are indigenous to Africa and aren't commercially grown in the U.S. So what some grocers market as yams are actually sweet potatoes, brought to our country from South America. Sweet potatoes are grown primarily in Louisiana and the Carolinas, with smaller crops coming from New Jersey, Maryland and California. When buying sweet potatoes, look for firm, unblemished and smooth skins. Avoid any that are dry, shriveled or bruised. Store in a cool, dry, dark and well-ventilated place—they'll keep for up to a week.

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Melt on Cheddar cheese.



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family's favorite dishes. A little Cheddar makes
it better. Try it for yourself and see.





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P

JSD

Chilly? check your iron level

Do you always feel cold? If so, you've got plenty of company. But before turning up the heat or putting on another sweater, see a doctor to have your iron levels checked. Experts say most women of childbearing age consume far less than the recommended dietary allowance (RDA) of 18 mg. iron each day. And according to a recent U.S. Department of Agriculture report, even mild iron deficiencies can make women more sensitive to the cold. Reason: When iron reserves dip below normal, the body can't replace lost heat. To combat this problem, eat adequate amounts of iron-rich food.

The best source of dietary iron is liver. Other good animal sources include fish; shellfish such as oysters and clams; heart, kidney, tongue and lean red meat; and poultry. Beans, beets and green leafy vegetables are good plant sources.



QUICK STREP TESTS

There's no doubt that ours is a fast-paced society. But quicker isn't *always* better. Next time your doctor performs a quick-result strep test, ask for the test to be repeated if the results are negative. A recent study presented at the American Society for Microbiology showed that a new, rapid strep test (which takes five minutes, compared with several days for older tests) failed to detect 20 percent of positive beta strep cultures. Therefore, cautions Phyllis J. Kuhn, Ph.D., of the Hamot Medical Center, in Erie, Pennsylvania, "If the test is negative, the doctor should culture before deciding not to give treatment."

TEENS and AIDS

The reported number of teenagers with AIDS is doubling every year. And a recent poll suggests youngsters don't know enough about the deadly disease to keep themselves safe.

Results of the National Adolescent Student Health Survey, which questioned 11,000 eighth and tenth

graders, indicated that almost half mistakenly believed they could contract the AIDS virus by giving blood. And more than half thought, again mistakenly, that washing after intercourse reduces their chances of being infected.

For more information, contact the National Clearinghouse on AIDS (call toll-free, 800-458-5231), which publishes a number of free pamphlets, including "AIDS and Children, Information for Parents of School-Age Children."

houseplants fight air pollution

Besides being pretty and fulfilling your green thumb, houseplants can help battle indoor air pollution. The trick: Grow them in a mixture of potting soil and activated charcoal. Researchers at NASA's National Space Technology Laboratories and the University of Southern Mississippi found that golden pothos and ordinary spider plants grown under these conditions filtered common microorganisms and removed such harmful compounds as formaldehyde and carbon monoxide from the air.

the calorie cigarette connection

Ex-smokers often have trouble holding the line on extra pounds. But the reason many people gain after quitting apparently goes beyond a lack of willpower.

Neil Grunberg, Ph.D., of the Uniformed Services University of Health Sciences, in Bethesda, Maryland, has found that nicotine decreases levels of the hormone insulin. When nicotine intake stops, the body produces more insulin. This alters metabolism, which, in turn, affects weight. It seems nicotine also suppresses the desire for sugary foods. To minimize weight gain after quitting, use a sugar substitute, exercise regularly and gradually diminish calorie consumption during the day by eating most of your food at breakfast and lunch and having a smaller dinner.

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Metamucil.

And you could stay regular
for the rest of your life.



PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A
GUIDE
TO
CHILD
REARING
IN THE
EIGHTIES



ROGER RABBIT

picks classic kid-vid

What are the best movies for kids to curl up with on a snowy winter evening? We asked Charles Fleischer, voice of the newly f-f-famous Roger Rabbit in the summer's highest-grossing, most acclaimed film,

Who Framed Roger Rabbit. Fleischer, father of two girls, seven and five, picked these: **Raiders of the Lost Ark** Not just guts and glory—there are underlying themes of history and religion. (Paramount, \$19.95)

Mary Poppins "Practically perfect in every way." (Disney, \$29.95)

The Neverending Story This tale set in a young boy's fantasy world never loses its charm. (Warner Home Video, \$19.98)

Star Wars Less scary on the small screen, so the ageless myth about good and evil is apparent. (Twentieth Century Fox, \$29.95)

Pinocchio The fairy tale retold with unparalleled animation and memorable tunes. (Disney, \$29.95)

Lady and the Tramp A story of puppy love that's sure to enchant even cat lovers. (Disney, \$29.95)



Charles Fleischer, the voice behind the rabbit

Cinderella Only a fairy godmother could do a better job at transforming animation into flesh-and-blood characters. (Disney, \$26.99)

The Wizard of Oz Judy Garland's poignant performance expresses everything precious about having a place to call home. (MGM/UA, \$29.95)

Pippi Longstocking Every child's revenge on the hopelessly proper adult world. A must for girls. (Video Gems, \$19.95)

Annie "Daddy" Warbucks and that lovable orphan in a delicious musical. (Columbia Pictures, \$29.95)

it ain't just
PAINT

It's hard to believe, but Bert and Ernie and Cookie Monster are turning twenty. *Sesame Street* will kick off its anniversary celebration this month with a slew of innovative ideas for this perennial favorite of kids' TV.

In the upcoming season there will be a new emphasis on teaching the physical sciences. One topic they'll tackle is air: You can't see it, touch it, taste it or smell it, so how can you help children learn about it? By showing them what air can do. Here's an experiment kids will love, from Valeria Lovelace, Ph.D., the program's director of research. You'll need a straw, some tempera paint and a piece of paper on a flat work surface. Simply place a drop of the paint on the paper and blow on it through the straw. Presto, the paint will make a beautiful pattern on the page, proving that air can move things. Repeat with different colors.

One mother's STORY

Going . . . going . . .
gone

By Judith Reimer

Mommy, will you take me . . .?" When my son Christopher was three years old, this was his constant, daily refrain, and sometimes I thought I'd scream if I heard it one more time. From the moment he learned that there was a marvelous, exciting world outside his own cozy home, he viewed every waking minute as an opportunity to be going somewhere.

TREE TRIMMING

Don't automatically throw out or give away toys your baby has outgrown. Select his favorite small treasures and blocks, and glue or tie a bright-colored ribbon on each for Christmas tree ornaments you'll cherish.

—M.M. Savoie, Brady, TX

"Mommy, will you take me outside to play?" Undaunted by weather, he'd peer wistfully out the window at the falling snow until I'd give in and bundle us both into snowsuits. As soon as he was big enough to be outdoors alone, our safely fenced backyard couldn't hold a candle to the swing set and sandbox at the park. "Can't we go to the store?"

he'd beg, when my own idea of a good time was to grocery shop *without* him. I'd insist that Mommy had work to do, but Chris always had other plans. I remember one day frantically cooking and cleaning for company when he innocently brought out the dog's leash, singing Mr. Rogers's "It's a beautiful day in the neighborhood" song as our poodle danced joyously around his legs. How could I resist the two of them?

When Chris was about ten, I noticed that the question had changed. Instead of "Mommy, will you take me . . .?" it became (continued)

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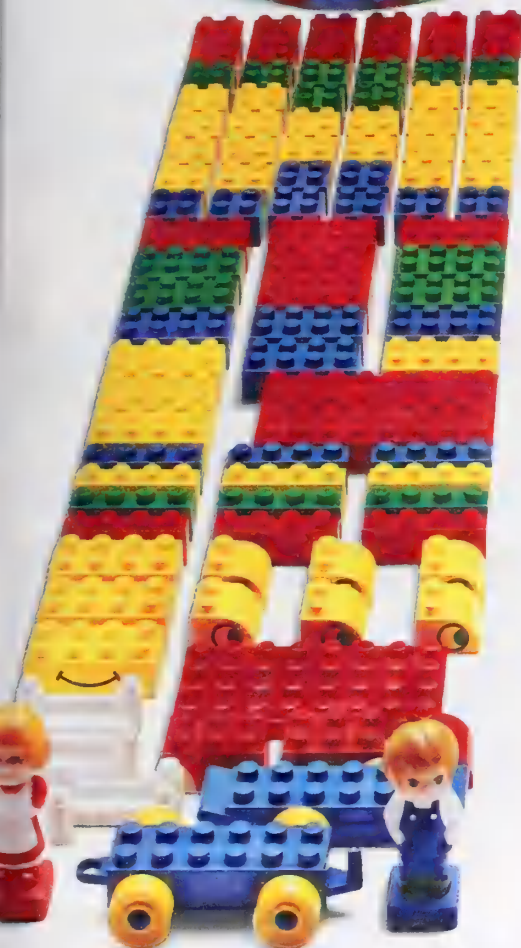
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(continued) "Mom, can I go . . .?" "Can I go to play at Sean's house?" "Can I sleep over at Jason's?" "Can I go shoot baskets at the schoolyard?" His world had now stretched to the neighborhood and beyond, without Mom along. When we picked him up after his first week away at camp, he greeted us with "Do I have to go already?" However, I didn't have much time to miss him, as "Can I go to the movies?" usually followed a promise to his friends of "My mom will drive."

Chris is sixteen now, and I just realized that the old familiar question is in its third and final variation: "Mom, I'm going now, okay?"

At first I'd bristle every time he said that. "Just a minute, sir," I'd challenge, "you want to rephrase that?"

"Mother, dear, may I please have your permission . . .?" he'd amend, softening his sixteen-year-old's sarcasm with a glancing kiss on my cheek. "Gotta go . . . the guys are waiting . . . I'm going now, okay?"

There's no doubt about it, sixteen-year-olds are headed out the door; home is a stopover for an occasional meal, a shower, a freshly ironed shirt. Not counting the hours he was asleep, Chris was home yesterday a grand total of two hours and five minutes: twenty minutes in the morning to grab a bite of breakfast, fifteen minutes after school before heading out to play racquetball, thirty minutes (mandatory) for family dinner and maybe an hour of TV between studying at the library and going to bed.

A crazy job, parenting—do it well, and you put yourself out of business. "Mommy, will you take me . . .?" "Mom, can I go . . .?" "I'm going now, okay?" I realized that the form of the question has marked my son's journey toward adulthood and independence. The "okay" is perfunctory, a courtesy that won't be there long. I just have to remind myself that I must be doing something right.

Burning issues

Take the tears out of hair washing: Buy a pair of child's swim goggles for her to wear during bath time. No soap in the eye, lots of fun, too.

—Suzan L. Wiener,
Spring Hill, FL

cheap chic

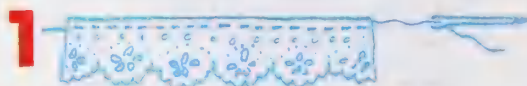
FOR KIDS' CLOTHES



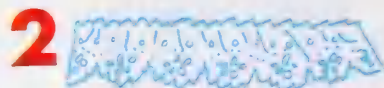
A little lace and a few pearls are a perfect pick-me-up for an ordinary cardigan sweater or a pair of socks. Do as a craft with your daughter or put away for a special holiday gift

Buy a set of pearl buttons and enough lace to fit twice around collar (1 yard to 1½ yards); if you use preshrirred lace, buy enough to fit once around collar. (To shirr: Use a doubled length of regular sewing thread or a single length of heavy thread; knot the end. Bring the needle in and out along the edge of the lace, gathering to the proper length, evening

out gathers with fingers. Make another knot and snip off thread.) Stitch the shirred lace along collar line of sweater. Remove sweater buttons; stitch on pearl buttons.



To gather, make running stitches along edge of lace.



Pull up gathers till the lace is exactly the length to fit around collar. Fasten off thread securely.

For socks to match: Buy preshrirred lace, or shirr lace as shown above, and stitch to hem of cuffs with elastic thread; sew on tiny pearls or bows in the same color as the cardigan.



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the paper chase what colleges are really looking for

These days, getting into college is more cutthroat than ever. And the most recent applicant pool is the biggest in years. So how can your child stand out in the crowd? Most colleges still look at the basics—the high school transcript and test scores—when deciding whom to accept. In a poll of twenty top state and private universities, admissions officers confirmed that the transcript was the single most important factor.

But getting good grades isn't enough—what matters is the courses for which all those A's were earned. "Take the toughest classes you can handle," advises Margit Dahl, director of undergraduate admissions at Yale. Freshman year, your child should start scheduling college prep courses: math, science, foreign languages.

The good news is that standardized tests aren't as important as they once were. Pomona College admissions officer Gavin Feliciano says, "It's four hours out of a student's life. That's not enough for me."

At the more competitive universities, application essays, extracurricular activities, interviews and letters of recommendation become more important. Harvard admissions officer Susie Chao says, "We want to see a commitment over time instead of someone just joining different clubs." When colleges must make hairsplitting decisions between candidates, the application essay can be crucial. "We learn not only how well the student can write but how well she can think," says Peter Van Buskirk, director of admissions at Franklin and Marshall College. Sincerity, not rhetoric, is the key.

That's also true in the interview. Many schools don't even require it, but it's a wise idea to schedule one; it can be a way for your child to show her interest in the school.

What about letters of recommendation? Some schools say they are second only to the transcript in importance. But keep in mind the admissions officer's adage: The thicker the file, the thicker the student.

—JEFF BLISS



Cathy Geroux



Janet Spencer King



Susan Adler

HOW WOULD YOU HANDLE IT

You discover that your child has lied to you about something. What do you do?

■ Cathy Geroux, 32, credit analyst, Richmond, VA, one child, 4

First I'd try to find out what was behind the lie. If she was trying to cover something up—like when Sarah recently started bringing toys home from school and told me that someone had given them to her—I'd tell her it was wrong to do that, but that not telling me the truth was worse. I wouldn't dwell on the mistake. At this age I'm just trying to instill values, not punish. I want her to know that being honest with each other is the only way we can trust each other.

■ Janet Spencer King, 41, editor, New York, NY, two children, 6 and 10

Young kids don't really understand the concept of lying; they just don't want to get caught. So I'd try not to put them on the spot. For instance: Instead of saying, "Did you break that vase?" I'd say, "Oh, how did this happen?" With older kids, it's trickier. They have a greater sense of right and wrong. If my older daughter ever lied to me, I'd ask myself, then I'd ask her, why she feels she has to lie about such and such. Eventually, the real problem tumbles out.

■ Susan Adler, 39, art-gallery assistant, Randolph, NJ, three children, 13, 9 and 5

We've found with our oldest that it's not so much a matter of outright lying as it is an omission of certain information. There are simply things they choose not to tell you—whether it's about a poor grade at school or something they did with a friend. That's why we always try to make our kids feel comfortable coming to us about everything. I want them to know that telling untruths—I think that's less harsh than the word "lying"—is wrong. But also that it's better to tell the truth and deal with the issue than let it snowball.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.

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They met at a dinner party in Beverly Hills. He was the Oscar-winning actor Richard Dreyfuss. She was Jeramie Rain, a lovely actress-turned-writer. The attraction was instant, the conversation brief.

"What do you do for a living?" Dreyfuss asked—the perfunctory opening gambit.

"I'm a writer-producer for CBS," Jeramie said.

"Oh? Well, what do you want to do with your career?"

"Nothing," she answered. "I just want to get married and have children."

"Me, too," Richard said. "Let's get married."

Dreyfuss, who once described himself as a "certified bachelor," insists now he wasn't serious. "Of course I was joking. What do you think I was—an impetuous jerk?" Nevertheless, he phoned her the following noon. "Jeramie said, 'Why did you wait so long? Why didn't you call last night?'" he recalls, grinning. "That's when I knew something serious, and something very good, was happening."

They were married just two months later. It was a whirlwind courtship, even by Hollywood standards. She was thirty-four, he was thirty-six, and neither had been married before. "They were so happy," says Richard's mother, who hosted a reception for eight hundred family and friends, "they could hardly stop laughing through the entire ceremony."

But happily-ever-after stories are rare, even among the rich and famous. Within months, while she was pregnant with their first child, Jeramie began to feel pains in her back and arms—all too familiar aches, not related to the pregnancy. She tried to conceal them from Richard, and for a while, she succeeded. "I've lived with pain since I was a teenager, and I'm good at hiding it," she says.

But a week after the birth of Emily Dreyfuss on November 19, 1983, there was no more hiding the hurt. "I woke up one morning with excruciating (continued on page 109)



Richard and Jeramie Dreyfuss: HOLLYWOOD'S COURAGEOUS COUPLE

The inspiring story of their fight
against a mysterious disease

By Phyllis Battello



This is one gift she's gonna love. It's something she really needs.



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(9334)



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Just set the timer and it'll make up to 10 cups of freshly brewed coffee. Then it'll shut itself off. Not only will it save space because it mounts under the cabinet, it will save time day after day. (SDC 2A)



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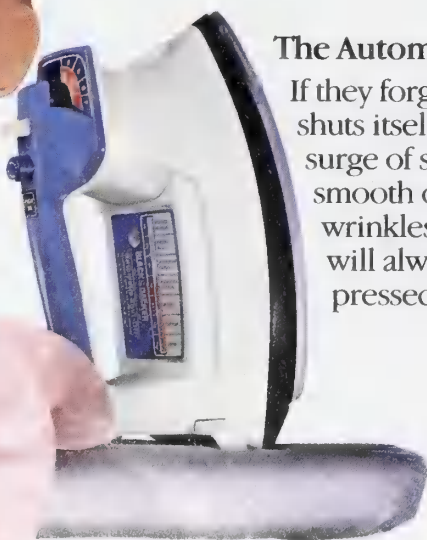
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(HS 40)



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Dustbuster Plus[™] Power Brush

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(9338)



with a future.

BLACK & DECKER

FasToast™ Wide-Slot Toaster

In the morning, time is everything. So the new FasToast™ toaster makes the perfect gift. Day after day, it makes toast twice as fast as ordinary toasters. And its extra-wide slots accommodate muffins, waffles and bagels. (T 225)

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HandyMixer™ Cordless Beater

Here's a gift that beats everything. Even the clock. With four versatile attachments, the HandyMixer™ cordless beater is perfect for quick, everyday mixing and beating. And because it mounts on the wall, it's always handy. (9210)

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The Automatic Shut-Off™ Iron

This holiday remember people who forget. The iron beeps when left on, then shuts itself off and stays off. It's also self-cleaning and has a surge of steam. So if you're looking for a top-of-the-line gift, keep this top of mind. (F 440)



FlashLiter Plus Rechargeable Flashlight

Give the gift of light this holiday. This is the brightest rechargeable flashlight you can buy. Since there are no batteries to replace, they'll never be in the dark. (RFL 200)

Cup-At-A-Time™ Drip Coffeemaker

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Dustbuster® Upright Power Brush

This lightweight, cordless vacuum has its own motorized revolving power brush for quick room-at-a-time cleaning. It's great for bare floors or carpets. And with its retractable handle, storage is easy. (9344)



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Spacemaker™ Can Opener

When they open this gift, they'll be opening a lot more. Because it opens cans, bottles and

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(EC60CAD)

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This new gift takes the cake. It's an electronic 12-speed mixer they program to shut off when the job is done. Just set it and go. The powerful 200-watt motor and three sets of mixing attachments make it easy to mix anything effortlessly.

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VERY CLEVER
BLACK & DECKER

(continued from page 100) pain in my wrists. Then it moved to my shoulders. The day I had Emily was the most joyous of my life. And now I couldn't lift my baby, or even feed her. It was incredible agony."

A visit to her husband's doctor confirmed what Jeramie already suspected: She was suffering from a recurrence of systemic lupus erythematosus (commonly called lupus), a chronic, degenerative and incurable disease in which the immune system becomes hyperactive and forms antibodies that attack the patient's body—the joints, skin, lungs, kidneys, heart, even the brain. A half million Americans have lupus; at least 80 percent of those afflicted are women in their child-bearing years.

A LIFETIME OF PAIN

As she talks about her illness, Jeramie is nestled in a sofa in the Dreyfusses' mansion high in the Hollywood hills. At forty, she shows no signs of the physical and emotional turmoil that has dogged her life.

Jeramie's own symptoms may have begun when she was as young as twelve, growing up in Charleston, West Virginia. "My great ambition in life was to be an Olympic gymnast," she recalls, "and I went to an Olympic training camp in Michigan for four summers, until I was sixteen."

She was often in pain. "My wrists were chronically sprained, and I had to wear splints on them between workouts on the uneven parallel bars. I was often so tired it was a big effort to practice." Arthritislike pain in the joints and bone-weary fatigue are frequent early signs of lupus, but Jeramie considered them "badges of honor" for an athlete.

"One day, my left knee began to hurt and swell up." Her parents thought it was another sports injury. "But one night I baby-sat for an orthopedic surgeon. He took one look and said, 'My God, what's wrong with your knee?'"

Jeramie was rushed to the hospital, and the next morning, a tumor filled with infected black cysts was removed from her knee. "My mother said later that the doctors had expected cancer and warned her my leg might be amputated," Jeramie recalls.

This was yet another manifestation of Jeramie's disease, which had yet to be diagnosed as lupus. Some patients contract a butterfly-shaped rash across the cheeks and nose, which resembles the facial markings of a wolf; hence, the name lupus, Latin for "wolf." Such a rash can help doctors identify lupus in its early stages. Jeramie wasn't that lucky, and the diagnosis was once again missed.

Her symptoms went into remission during three years at Michigan State University. In her senior year, Jeramie went to New York to become an actress. But her persistent illnesses hampered her career. Her role on the daytime serial "The Doctors" was phased out because she was sick so much.

Jeramie found another role on "Search for Tomorrow," but that ended when she fell and broke her back. She then moved to the West Coast and began a new career as a TV writer. Her persistent back pain finally led to spinal fusion surgery. Shortly afterward, she developed peritonitis, an inflammation of the lining of the abdominal cavity. The painful condition recurred five times in the next year.

It was this strange recurrence in 1979 that finally led an infectious disease specialist at Cedars Sinai Medical Center, in Los Angeles, to conclude that Jeramie had lupus.

DENYING THE TRUTH

"I'd never heard of it," Jeramie remembers. "I rushed out and looked it up in a medical library. There wasn't much about it, but what there was, was devastating—a life expectancy of only five years. I phoned the doctor, and I was crying, and I said, 'I do NOT have lupus.' He said, 'All right, calm down, maybe you don't. Come in and we'll talk about it.'" Jeramie refused. "I never saw that doctor again.

"I was in remission when I met Richard," Jeramie says. "It's such a frightening disease that when the symptoms stop, you block it out of your mind. So I didn't tell him."

"All I really felt was sorrow for her having to put up with such pain," Richard says.

Jeramie could no longer mentally block out her disease when it struck with a vengeance after Emily's birth. "For two years, doctors tried all kinds of treatments—injections of cortisone, ultrasound therapy, anti-inflammatory drugs," she says. "They gave me steroids, which help most lupus patients, but I had to be rushed to the hospital with bleeding ulcers." Only after a series of surgeries on her wrists and shoulders did the pain subside.

To Jeramie's great relief, her second pregnancy went

I was in remission when I met Richard. It's such a frightening disease that you put it out of your mind. So I didn't tell him."

more smoothly than the first. "This time, the doctors knew about the lupus, so they gave me medication to prevent a miscarriage or later complications," she recalls. "We thought we were all prepared."

But they weren't. On June 14, 1986, Benjamin was born with Peter's anomaly, a birth defect so rare it strikes only one in ten million infants, which left him sightless in his left eye.

For the first time, Jeramie admits, she felt a wave of self-pity. "I thought, 'Why, God, after everything else, did this happen to us?'"

Richard understood his wife's grief but remained philosophical and hopeful. "Life has all kinds of surprises, some of which seem terrible at the time, as this problem certainly was," he says now. "But I thought, 'Okay, as long as my son has two eyes, something can be done.'"

Fortunately, one of the world's foremost eye specialists, Stuart Brown, was practicing nearby at the University of California at San Diego. Under Brown's supervision, Ben underwent a series of delicate surgeries to restore sight in his left eye.

"It was a shocking year," Jeramie admits, "but we got through it."

"She's always hidden her pain, even from me," Richard says. "When it's intense, she goes to another room. She wants to handle it alone; on her (continued)

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■ JERAMIE DREYFUSS continued

own. You never see Jeramie cry."

Despite the unpredictable symptoms of her illness, Jeramie has learned to live with lupus. The disease no longer carries an automatic death sentence; it is now controllable in many cases through drug therapy, especially with early diagnosis.

Jeramie's also found a lot of support from the Los Angeles chapter of the Lupus Foundation of America. As she finally faced the reality of the disease, she also realized how little the public, and even some doctors, know about it.

Indeed, Jeramie says one of the reasons she finally decided to tell the dramatic story of her disease was to let people know there is new hope.

"Doctors can control lupus if it's diagnosed early enough. But it usually takes ten years to diagnose because it attacks at random. They call it the great masquerader because it mimics many diseases. Maybe my story will help somebody else recognize the symptoms, even before their doctors do."

Her husband, who has never talked publicly before about his wife's illness, is equally passionate about spreading the message. "Lupus has more than a half million victims," he says. "Yet

there are no big telethons to money for lupus education or research because it's a sort of in-the-shade type of disease. There's a stigma about it that's hard to understand." The celebrities who have lupus (and there are quite a few) keep it secret. The stigma may have psychological roots as an autoimmune disease, it may be falsely associated with AIDS, though lupus is not communicable. Another reason that show-business stars admit to having lupus is that premium insurance rates always skyrocket if a cast member has a chronic illness.

Right now, Jeramie is in remission from the disease. "When you go into remission, you feel so great," she says happily. She takes only one form of medication, a beta blocker, for her slightly irregular heartbeat.

Jeramie is now able to spend time with Emily and Ben. Both children are carefully monitored for lupus symptoms (about 4 percent of lupus patients' children develop the disease) and have been given the anti-nuclear antibodies (ANA) test, which helps detect antibodies' activities. "Their results were negative, but doctors say they're too young to tell," Jeramie says. "I'm hoping they take after Richard and me. I just want to live to a ripe old age because of my children."

Jeramie still has occasional lupus flares, as the attacks are called. "Last week, I had what the doctors term an esophageal attack. I woke up at three-thirty in the morning with a sharp pain in my throat, as though my esophagus had turned over. The pain moved to my chest and felt like I'd swallowed knives, and they were twisting in my heart." At that point, she woke Richard, who raced her to the hospital. "Richard is always ready," she says.

It's obvious that the Dreyfusses weathered the storm. "Richard and I'm too happy, but with lupus, that's your survival mechanism. So I always think up," Jeramie says.

Thus her characteristically optimistic advice: "You have only one life. Do the best you can to live it with lupus. If you suspect you might have lupus, describe your problems in detail to a doctor (preferably a rheumatologist who understands the disease). If you are diagnosed with lupus, don't ignore anything written about it by the doctor. In 1983—it may be wrong and frigid. And don't hide inside your illness. Join support groups and talk about it. If enough people just speak up and speak out, we'll find a cure."

Write the Lupus Foundation of America, 1717 Massachusetts Ave., N.W., #203, Washington, DC 20036.

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Reply by December 31, 1988 02

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Explosive co-worker

Q
A

I work on a project team with a man who gets extremely angry when we don't do things his way. How can I keep his outbursts from upsetting or controlling me?

Start by shifting his rage away from you and toward the situation. If he yells about how slow you are, for example, calmly restate his concern. You might say, "So your biggest worry is how we'll get this report to the boss by Friday?" Next, explain the effect of his outburst on you, by saying, "I'd like to figure out a quicker way to get this done, but I can't talk to you while you're yelling."

A more risky—but often effective—approach is to use humor to defuse the situation. If you've previously seen evidence of your co-worker's sense of humor, you might say, "You think I'm slow? Does this mean you don't want me on your team for the relay race this weekend?" Finally, remind yourself that your co-worker's outbursts are a reflection of his own frustration and not a critique of your performance.

new job survival guide

Every working day, approximately 100,000 people start a new job, report management consultants Natasha Josefowitz, Ph.D., and Herman Gadon, Ph.D., authors of *Fitting In: How to Get a Good Start in Your New Job* (Addison-Wesley, 1988). Although experience and skills may have landed you the job, how you'll fare during the first weeks at the new company will be determined by how well you are accepted by your co-workers, the authors predict. Their tips for joining the team:

■ Don't look back

Avoid making verbal comparisons with your last job or saying: "The way we did it at Company X was . . ."

■ Discover unwritten rules

Observe your co-workers—do they arrive early or stay late? Do they openly discuss salary or their personal lives? How do they communicate with colleagues and superiors—by telephone, memos or face-to-face?

■ Get in on the joke

If your new colleagues occasionally tease and test you, it's generally best to respond with humor. For example, if you're sent to retrieve a nonexistent memo, laugh along with everyone else.

doing homework

More than twelve million women now work at home, according to the 1988 National Work-At-Home Survey, conducted by LINK's Resources, a New York City consulting and research firm. But working out of your home—within easy reach of children, friends and housework—creates distractions that can sabotage a home-based business. Here are three ways to establish your professionalism at home:

■ **SET UP AN OFFICE** Establish specific office hours, and work in a spare room or a private area. Use your office exclusively for business; be sure to equip it with a separate business telephone line.

■ **LET FRIENDS AND FAMILY KNOW YOU MEAN BUSINESS** When neighbors stop by, make a point to show them your office. Inform friends and family of your schedule. Tell chatty callers, "I'll have to call you back after work."

■ **SEPARATE HOUSEWORK AND OFFICE WORK** Avoid chores during office hours; remind yourself that you're on company time. Negotiate and divide housework among family members—just as you would if you worked away from home.

HOW I DID IT Women who work at home share tips for running a successful home-based business



MARY DANA YOUNG, consultant and owner of Organization Plus, in Wellesley, Massachusetts, teaches time management and organization skills. "I think the

most important thing is to have self-confidence, so people take you seriously. Because I work at home, some people just assume that my business is knitting or cooking; I have to explain that what I do is totally different. You also need enthusiasm, energy and persistence. You have to go out and sell your product and make contacts. And you have to be flexible. When I first started my business, I worked a lot of nights and weekends. Today, eight years later, I still make myself available whenever my clients need me."

Barbara Mackoff is a corporate counselor, training consultant and lecturer and the author of *Leaving the Office Behind* (Dell, 1986) and the forthcoming *Laugh Lines*.

JOANN TUCKER, president of Tuckers' Decorative Touches, in West Caldwell, New Jersey, provides custom-made window treatments, bedroom ensembles and furniture. "You have to love what you do and know a lot about the field you're getting into. When I started out four years ago, I



was willing to learn everything I could from others in the business. Today I stay current by doing lots of reading. I also go into other stores that provide the same types of services I do to check prices and to see what they're doing that I'm not. It's also very important to take business courses to learn bookkeeping, accounting and tax laws. I learned these things the hard way."



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story of a
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An exclusive excerpt
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book by the
author of *Exodus*

Val's story

I was good in art—damned good, actually, but dreams of studying in Paris had to be set aside when the war came. Besides, Mother and I hadn't totally convinced my father, the Admiral.

So I went to Mills College, a sort of West Coast Vassar with a fairly snooty all-girl campus near San Francisco, and gloried in my first real taste of freedom. That's when I met him. Gideon Zadok, Private First Class, USMC.

Gideon was a patient at the Oak Knoll Naval Hospital, just a skip and a holler down the road from campus. Over a period of time I got to know that he had had several recurrences of malaria from Guadalcanal and had apparently taken some shrapnel in the shoulder. All told, he was just a plain worn-out warrior in need of a healing period. He was (continued)

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VAL'S STORY

continued

also a writer. I got some friends to the hospital to see his play. To my surprise, it was terribly fun. I don't know why I kept dating this. He was a bit of a blowhard. But on the other hand, he really knew his around a dance floor.

PFC Zadok also knew a restaurant within his means over the bay in San Francisco. El Globo, in the Ita North Beach section. We were getting quieter and quieter every time we went out, just holding hands and looking at each other through the candle's flame.

"How's all this going to go down, the Admiral? Me being enlisted, a rine and a Jew?"

"I don't know. I think with this he's lost a lot of his bigotry."

I had access to a girlfriend's which was in dry dock most of the time because of gas rationing, until Gideon came along. He hustled enough stamps to keep the tank full.

"Let's drive someplace quiet," said. "I want to show you something."

It was a rare night without fog, we could see the entire Bay area bridges. Gideon didn't kiss me. Instead, he opened a large manila envelope and took out a stack of pages.

"What's that?"

"The first chapter of my novel like to read it to you."

I found myself shaking. Everything was twinkling out there, and an elderly young man was sitting opposite ready to throw down the gauntlet to challenge the world.

"What do you call it?"

"*Of Men in Battle*."

When he finished reading, I came apart. It was so beautiful.

Gideon reached out and touched my cheek and told me not to cry. I never felt anything like his hand before.

"I love you, Gideon."

"Me too, Val. And you're going to live to see them all standing up applauding when I enter the room. Even the Admiral."

Afternoon tea with Mother. Garden Court, Palace Hotel. She was wearing a Renoir in a frilly French collar and one of her smashing straw hats.

"Hi, Mom."

"Hello, darling."

A catch-up on family news, but both knew what we were thinking about. The evening before, Gideon and I had pooled our resources and taken Mother out to a restaurant on Telegraph Hill.

"What do you think of him, Mom?"

"Oh, he's a charmer, all right. Very clever boy."

"I'm crazy about him."
 "That's rather obvious. You intend to marry him, don't you."
 I shrugged.
 "The Admiral and I have discovered that young people are absolutely certain of their emotions. I take it we're being consulted, only informed."
 "I'll listen," I said.

Gideon is extremely ambitious, and he could be talented. But this boy hasn't graduated from high school. He hasn't got a chance in the world of becoming a novelist."

"I knew you wouldn't understand."
 "No, I don't. I suppose in time we'll learn to live with a Jewish son-in-law, neither the Admiral nor I will accept your unhappiness."

I felt a sudden rage. "Mom, that's a strained laugh. Neither one of you has known I've been alive for the last ten years. All right, so he doesn't become a doctor. I love him for dreaming about it. And I want him for the way he loves me . . . for the way he touches me."

Mother just stared at me, as though I had been struck.

"I need him for his tenderness," I said. "When was the last time the Admiral was tender to you? Or to me?"

"Great men have great weaknesses," Mother answered. "The Admiral never got a word of love from his own father in his entire life. He doesn't know how to say 'I love you.' But he does love, in his own way, and God knows I do."

"Mom. We were married last week." I turned ashen. "I'm sorry you didn't think enough of us to come to me. Maybe you'll manage your own life a little better than I managed mine."

Gideon and I had a tiny third-floor walk-up flat over a Chinese grocery on the edge of San Francisco's Tenderloin. Oh, I know all newlyweds are moonstruck with the wonderment of discovery, but we devoured each other. As soon as we sat down in a restaurant, our hands were under the tablecloth. We'd duck into alleyways. Some of this doesn't sound so wild now, but it was the 1940s, and modesty and discretion ranked over candor.

We were mainly living on dreams, youthful ignorance, and veterans' benefits. I thought Gideon would plunge into his novel. He tried for a while but finally threw it into a drawer and seldom took it out. Some call it writer's block. I call it fear.

And then I confronted him with those magic words, "I'm pregnant." Gideon became circulation district manager for the San Francisco *Call-Bulletin*, an afternoon newspaper. He had between thirty and forty newspaper boys working for him in home delivery. With my morning sickness and

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Gideon holding a regular job, we were back in the real world.

Mother and I had kept in touch through the occasional letter and phone call. As I went into the eighth month of my pregnancy, we received a sudden message that she and the Admiral were going to pay us a visit!

Our apartment, such as it was, was scarcely large enough to hold my belly. It had a closet-size kitchenette, a one-person-at-a-time bathroom and an all-purpose room with a Murphy bed. We ate at a card table on folding chairs. Outside our window, life played out raw human dramas daily. I knew Mom and the Admiral were going to choke when they saw how we were living.

But they didn't seem to give a damn. My insecurity was quickly replaced by concern over the way my father looked. He was dying. So that accounted for the sudden peace visit. He had cancer, and I was grateful they had come. Mom told me he had refused all pain medication. "With the pain," he had told her, "at least I know I'm alive."

It turned out to be the most wonderful evening I'd ever had with them. We blew everything on the meal. The El Globo Restaurant put up a stupendous pot of take-out bouillabaisse and sold us the vino wholesale. We all proceeded to gorge ourselves and get loaded.

The Admiral and Gideon talked about the invasion of Tarawa like two old war buddies. The Admiral was impressed as hell.

"Well, why aren't you working on your book?" Father asked with a bluntness I knew only too well.

I don't think any of us were ready for Gideon's answer: "I'm scared."

"Scared? To write?" Mother asked, with honest innocence.

"Everything I've ever wanted or dreamed of since I was a little boy depends on that book. What if it fails?"

The room became terribly quiet. The Admiral looked long and hard at Gideon. "I know exactly what you're saying," he said. "I've never known a great man who didn't have to conquer his greatest fears."

It came time for them to leave, too soon. Gideon said good-bye and tastefully left the three of us alone.

"You are glowing with happiness, Val. That boy is a good boy, though he's picked a rough passage."

"Will he ever do it, Dad?"

"He'll face that book when he has built enough courage to face defeat."

"Oh, Dad!" I cried and flung my arms around him. I wanted to tell him that there was so much we hadn't ever said to each other. And now he was going to leave. (continued)

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AL'S STORY

continued

ver. Just when we were starting
y hello.

ce our daughter Roxy was born,
Gideon and I had this crazy notion
about living in Marin County,
the Golden Gate Bridge. We three
d spend days off driving around,
sizing that our dream house
d appear. We did find a house, an
doned weekend cottage in Mill
ey that needed more than a bit of
done on it. But it had a spacious
with a big madrona tree and a
porch meant for a swing and the
g room had a fireplace—and the
was right. It had a full G.I. loan.
ing down and about forty-one dol-
a month.

nat mistakes Gideon didn't make
carpenter he made as a gardener,
nter, a plumber and a bricklayer.
by the time our second child, Pe-
pe, was born, we had a warm, cozy,
piece of the world with a garden
l with roses.

le downside was that Gideon hated
ob. There was an ugly circulation
among the four San Francisco
spapers, and district managers
Gideon came under unbearable
sure. To make matters worse, the
elected Gideon as the union shop
ard, so he had every other district
ager's misery to contend with on
of his own.

en, as punishment for being a
gleader," Gideon was transferred
fully certified skid row, a district
oor blacks, poorer Hispanics, winos
several save-your-soul missions.

ne day I met Mother for a drink at
Garden Court. We had grown closer
the Admiral died. She adored
ny and Roxy, and Gideon never
d to bring a twinkle to her eye.
was too elegant to come out with
forbidden subject, so I did.

He doesn't write anymore. When
first moved to Mill Valley, he did
some short pieces. The job has just
n all the starch out of him. To say
ing of the rejections."

Do you think he's done with it?"
tight now I do. He'd have to find
her job. Maybe if he could get
ething in Marin . . ."

om managed a sad smile. "Some-
re along the line, we all give up
dream. The Admiral didn't, but on
other hand, he didn't try to take a
to the moon alone. Somehow I
tght Gideon was going to make it."
We're still very much in love. Soon-
r later he'll get his job situation
ured away. Maybe he'll try again."
ne night Gideon was packed home

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between a couple of his buddies, too
piss-assed drunk to drive the car. Was
this a new phase of our marriage?

We did not communicate for a week.
On his day off, he came into the kitch-
en sheepishly lugging his typewriter.

"I need a new typewriter," he said.
"How much can we swing?"

Pencil went to paper. There was a
dress I wanted so badly—we were still
paying off the washing machine.

"Three dollars," I said.

Gideon got six dollars a week allow-
ance. He cut it to five. The same day
he took the old Underwood to an office
supply store.

"This is the down payment. I can
afford five bucks a month."

"I've got some real nice recondi-
tioned models . . ."

"I need a new typewriter. I've got a
long book to write. I'll throw in an
autographed copy when it's finished."

"You serious? I never sold a machine
to a writer before."

"Marine's honor."

Gideon had said the magic words.
The store owner was an ex-Marine.

What happened to my man in the
next three years, I wouldn't have
wished on a dog. Gideon arrived home
at about eight, and he wrote in a little
attic alcove until two or three A.M.

He was usually so exhausted he

couldn't speak coherently or walk
down the steps alone. I had to undress
him. On his day off, he'd work at the
typewriter for seventeen or eighteen
hours straight.

And so it came to pass that he wrote
The End and dedicated the novel
to his "long-suffering wife." Next
came the prelude to hell. Writer's
death. Rejection. Every trip to the post
office box, you enter with fear lodged
deep in your chest. Weeks and months
go by and then—POW! . . . that terri-
ble little mimeographed form arrives
saying, "This doesn't meet our publish-
ing needs."

The West Coast editor of Summer-
field House, Donald Howard, was an
acquaintance of Gideon's. He thought
enough of the book to send it to New
York with the recommendation, "I
know it needs a lot of work, but
I have a hunch about this writer and
would like to help him clean up this
manuscript."

To which the publisher answered,
"Forget it. It would take two years to
straighten up his grammar and spell-
ing. You've got better things to do."

Gideon was really down. His eyes
showed constant pain.

"I think I can show you a few things
that will help this (continued)

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VAL'S STORY continued

manuscript," Donald Howard told So Gideon squandered our vacation over to Howard's office every day for an hour, and they went through the manuscript sentence by sentence. Howard insisted the good outweighed the bad.

"The question is," Howard said, "you have the guts to write it over more time?"

And so Gideon climbed the stairs to the attic, ate at the typewriter and put to bed by me.

And then came the rejections again.

When Gideon got off the bus, he saw my face, he knew instantly. "There's been an accident. Penny is in the hospital."

Mom held us together. Our little lay in a coma for two weeks, fighting for her life. I cannot write or think about it. There is no pain to spare, no fear to equal.

Days and nights ran together those tubes, no flutter of recognition, nightmares of her running into the street... "Penny! The bus!"

It was another midnight, and I staggered to the coffee machine nurn. Across the hall was the chapel and door was ajar. I sat on a bench.

Gideon was near the altar, unaware of my presence. I'd never seen him in church or a synagogue.

"God!" he said with a voice so guished I could scarcely recognize. "I don't know if you're there. I don't know if you've ever been there... I was when I was a kid not to ask for favor from God, only to ask for strength and wisdom. Look, man, you listen to me. I never asked to come out alive at the calcanal or Tarawa, did I? But I handle this. I know you don't make any deals, but there has only been one thing in my life I really wanted, to be a writer. If you don't take her, God work at that crappy newspaper for the rest of my life, and I swear I'll not complain about not becoming a writer. That's all I can give you."

It took a long, long time and many nights of tears and dread, but Penny fought through it. She was her father's daughter.

Almost a year to the day later, Penny and Roxy and I waited for Gideon at the bus stop. Penny handed him a telegram. FORGIVE DELAY. I AM MAKING AN OFFER FOR YOUR BOOK TO BE PUBLISHED AS SOON AS POSSIBLE. LET ME FOLLOW. SIGNED J. BASCOM III, EDITOR-IN-CHIEF, READER BROTHERS PUBLISHERS.

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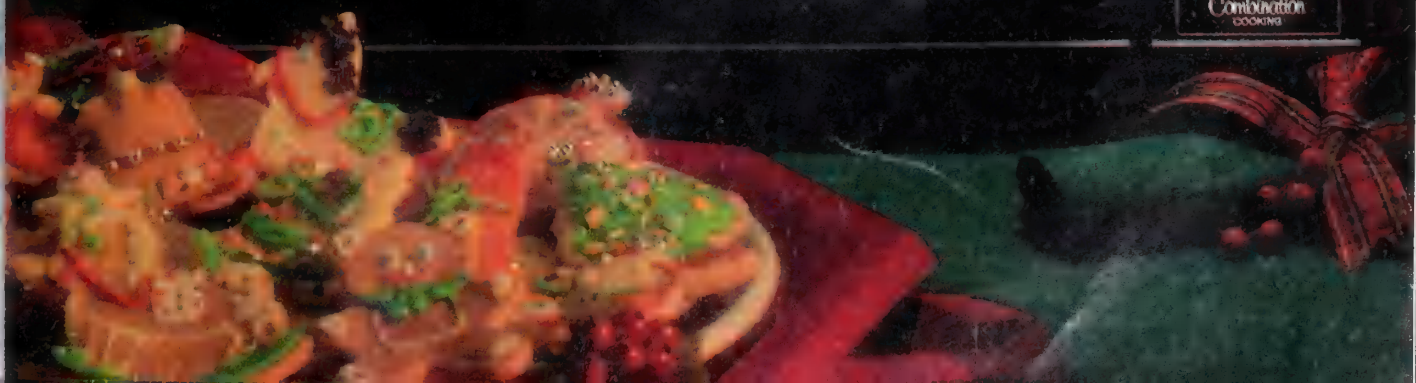
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BETA CAROTENE AND CANCER. A PROGRESS REPORT

For several years, both the National Cancer Institute and the American Cancer Society have been recommending diets that include foods rich in Beta Carotene.

Why? Because population studies have indicated a clear association between diets high in Beta Carotene rich foods and a lower incidence of certain forms of cancer. A similar association based on actual measurements of Beta Carotene levels in the blood has also been shown in several studies, including a recent one conducted at Johns Hopkins University.*

Based on increasing evidence from these studies and numerous other research findings, the National Cancer Institute is currently sponsoring 14 long-term, large scale studies which include Beta Carotene as a possible cancer inhibitor.

These studies, involving cancers of the lung, colon, skin and esophagus, are being conducted around the world: in America, in Europe, in China, and in Africa. They are measuring the effects of Beta Carotene in dietary supplement form. The supplements given in a number of the studies combine Beta Carotene with other nutrients.

Data from this research should begin to appear in the next few years. While the scientific community continues its research in this vital health area, you should consider carefully the recommendations of the major cancer prevention authorities, including, of course, not smoking and having regular check-ups.

NCI CANCER PREVENTION TRIALS USING BETA CAROTENE

<u>LOCATION</u>	<u>CANCER</u>	<u>STUDY GROUP</u>
1. Boston	All	Physicians
2. Finland	Lung	Smokers
3. Seattle	Lung	Smokers
4. Pittsburgh	Lung	Smokers
5. Seattle	Lung	Asbestos
6. Tyler, TX	Lung	Asbestos
7. China	Lung	Tin Miners
8. Hanover, NH	Colon	Polyps
9. Chicago	Colon	Polyps
10. China	Esophagus	Dysplasia
11. China	Esophagus	General Population
12. Tanzania	Skin	Albino
13. Hanover, NH	Skin	Previous Skin Cancer
14. New York City	Skin	Previous Skin Cancer

*"Serum Beta Carotene, Vitamins A and E, Selenium and Risk of Lung Cancer"
New England Journal of Medicine, November 13, 1986.

In this special report, experts from the American College of Obstetricians and Gynecologists provide the latest information about your most intimate health needs.

By Beth Weinhouse

The following physicians participated in this special report:

James Breen, M.D., chairman of the department of obstetrics and gynecology, St. Barnabas Medical Center, Livingston, NJ

Robert Cefalo, M.D., professor of obstetrics and gynecology and director of maternal and fetal medicine, University of North Carolina at Chapel Hill

William Creasman, M.D., chairman of the department of obstetrics and gynecology at the Medical University of South Carolina, Charleston

Luella Klein, M.D., Charles Howard Candler professor and chairman of gynecology and obstetrics, Emory University, Atlanta

Howard Minkoff, M.D., director of obstetrics at State University of New York Health Science Center at Brooklyn

George Morley, M.D., immediate past president of ACOG and Norman F. Miller professor of gynecology at the University of Michigan Medical Center, in Ann Arbor

Robert Park, M.D., current president, ACOG

Vicki Seltzer, M.D., director of obstetrics and gynecology at Queens Hospital Center, New York, and associate professor of obstetrics and gynecology at the State University of New York, Stony Brook

Rebecca Shaw, M.D., practicing obstetrician and gynecologist in Des Moines, Iowa

Joe Leigh Simpson, M.D., professor and chairman, department of obstetrics and gynecology, University of Tennessee, Memphis

Leon Speroff, M.D., professor of reproductive biology, Case Western Reserve, Cleveland

Yvonne S. Thornton, M.D., assistant professor of obstetrics and gynecology, Cornell University Medical College and director of outpatient services, New York Lying-In Hospital

Gerald Zatuchni, M.D., professor of obstetrics and gynecology at Northwestern University Medical School, and Prentice Women's Hospital, Chicago

Special thanks to Morton A. Lebow, associate director of public information for ACOG

WHAT EVERY WOMAN MUST KNOW

Good health is a hot commodity—every woman wants it. But it's not something money alone can buy. Staying healthy takes *knowledge*. And considering the fact that medical science bombards us constantly with news, it's hard to stay up-to-date, and harder still to figure out what's really important.

To make staying smart about health easier, we sought out the nation's top women's health experts at the American College of Obstetricians and Gynecologists (ACOG) and, with their help, put together this special report. In the following pages we've distilled the latest information on reproductive health, new contraceptive techniques, commonly performed medical procedures, and more. In short, we've included all the news you need to know. Having this important information in one place will make it easier for you to stay healthy now and in the future.

health update



now

IN THE NEWS...

the truth behind the headlines

THE NEWEST CONTRACEPTIVE METHODS:

has the perfect one arrived?

Each year, women eagerly scan medical headlines for word of a new, improved contraceptive. The good news is that there are—or soon will be—several new options to choose from. Though none of them will be right for everyone, the chances are better than ever that a woman will be able to find a method that suits her. The most recent contraceptive advances include:

The cervical cap

Approved by the federal Food and Drug Administration (FDA) last June, this thimble-like latex device should be available soon. Inserted like a diaphragm, the cap must be fitted individually for each woman and, when inserted, fits snugly over the cervix to prevent sperm from entering.

The advantage of the cervical cap is that it can be worn for up to three days. However, the cervical cap has been associated with a number of problems, including an increased risk of cervical and vaginal infections. The cervical cap is difficult to insert properly, and its failure rate is 15 to 20 percent—compared with, for example, the condom's 10 percent failure rate.

The return of the IUD

ParaGard, a new copper IUD, has recently been put on the market; it's now one of only two IUDs available in the U.S. (the other is Progestasert). Invented over 10 years ago, ParaGard has been extensively studied here and abroad. While the Progestasert IUD must be changed annually, the FDA has ruled that ParaGard can remain in the uterus for up to four years. *(continued on page 130)*

THE PAP SMEAR: *getting a bum rap?*

Until recently, the Pap smear was regarded as one of the least controversial medical tests—it's simple, cheap and painless, and it saves lives. But during the past year, the Pap's accuracy was challenged in a number of media reports that took issue with the competency of the nation's laboratories. As a result, many women are now uncertain about the Pap smear's value; some wonder if they still need to be conscientious about regular testing.

The answer, according to ACOG's experts, is a resounding *yes*. The statistics speak for themselves. According to Robert Park, M.D., president of ACOG, "In the last thirteen years, the number of cases of invasive cervical cancer has dropped from sixty thousand yearly to thirteen thousand."

However, experts *do* say the Pap's false negative rate—the number of times it identifies a specimen as

normal when there is, in fact, a problem—is worrisome. "Nobody knows exactly what the false negative rate is," says William Creasman, M.D., chairman of the department of obstetrics and gynecology at the Medical University of South Carolina at Charleston.

At this point, ACOG recommends a yearly Pap smear for most women. If a woman has three consecutive normal tests, she may be advised that screenings are needed less frequently.

For women who hope for an alternative to the Pap smear, science has little to offer at the moment. The best prospect so far is cervicography, a technique that involves taking a picture of the cervix for the physician to examine. But experts agree that cervicography will not replace the Pap smear anytime soon. "Cervicography is still a research tool, and we're still gaining knowledge about it," says Creasman.

Well-run labs that maintain strict quality control are the best defense against inaccurate Pap smear results. Unfortunately, it's difficult for a patient to judge the standards of her doctor's lab. One thing a woman *can* do is inquire if there's good communication between the physician and the lab. Other questions to ask:

- Is the lab certified—and if so, what is the name of the organization?
- Is the lab run by a pathologist with expertise in interpreting Pap smears?
- Is the lab willing to inform the physician when it receives an inadequate smear and needs another patient sample?

AIDS: *a sexual risk for women?*

Judging from the past year's headlines, one could easily decide either that women do *not* face an AIDS risk or that every sex act puts their lives in danger.

The truth actually lies somewhere in between. Says Howard Minkoff, M.D., director of obstetrics at the State University of New York Health Science Center, in Brooklyn, New York, "Just being in a community where there are very few cases of AIDS is not enough to keep a woman completely risk-free. Even if a cure was discovered tomorrow, AIDS has taught us many lessons that should stay with us. Practicing safer sex is one of them.

"Absolutely safe sex," continues Minkoff, "is *not* just condoms. It is mutual monogamy with an uninfected partner." If that's not possible, extremely safe sex is sex without penetration (for example, kissing, hugging, masturbation). And reasonably safe sex means using a barrier, such as a condom, and a spermicidal agent.

Vicki Seltzer, M.D., director of obstetrics and gynecology at Queens Hospital Center in New York, thinks women aren't careful enough about AIDS. "When assessing a sex partner, they have a tendency to say, 'He looks nice.' Women with multiple sex partners should use condoms, even if they're using another contraceptive method." *(continued on page 130)*

YOU KNOW THAT IRRITATING ITCH YOUR DOCTOR CALLS VAGINITIS?

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the little problems that are big trouble for women

What problems prompt most women to head straight for their gynecologist's office? It's the *little* things—common, annoying, uncomfortable and often painful. They include vaginal and urinary tract infections, sexually transmitted diseases and stress incontinence. The good news is that these bothersome conditions are easily treatable; often, they're even preventable. Here's what causes these misery-makers and what you need to know to stop them.

Vaginal infections

Signaled by burning, itching, discharge and irritation, vaginal infections (vaginitis) have many causes. They include fungi such as yeast (also called monilia or candida); parasites such as trichomonas; bacteria; viruses (herpes virus and the human papilloma virus [HPV, which causes condyloma—genital warts]), or chemicals (such as spermicides and feminine hygiene products). Contact dermatitis—caused by sensitivity to latex in condoms or other items—can also be the culprit.

Generally, symptoms occur when the acidity of the vagina is disturbed—by antibiotics, birth control pills or other medications, or by hormonal fluctuations, diabetes, pregnancy or a change in sexual activity. Vaginitis can also be acquired from a sexual partner or even a Jacuzzi.

To prevent vaginitis, take the following precautions:

- Wear loose clothing and cotton underwear—all cotton, not just cotton crotch. If infections are recurrent, avoid tight jeans and try switching from pantyhose to stockings.
- Change out of wet swimsuits or exercise gear after a workout. Take a shower after exercising, then dry off thoroughly and change into clean, dry clothes.
- Make sure your sex partner is checked and treated for any infection. Don't clear up your vaginitis just to have it return when you have sex. Recent studies show that uncircumcised men may be more likely to transmit infections.

Finally, if preventive measures fail, don't self-treat. Go right to your doctor; she will determine the *specific* cause of your problem and prescribe appropriate medication, which may be in tablet, cream or suppository form. Prompt treatment should clear up the infection in a matter of days.

Urinary tract infections and cystitis

About 85 percent of women will suffer from a urinary tract infection (UTI) at some point, and most of these are recurrent. Symptoms include pain and burning during urination, a feeling of pressure in the bladder and, sometimes, blood in the urine.

Most UTIs are caused by the bacterium *E. coli*, normally found in the bowel. This organism causes problems only when it finds its way into the urinary tract via sexual activity or wiping back to front after defecation. Pregnant women and diaphragm users are especially susceptible. To prevent UTIs:

- Drink lots of fluids, including water, to keep urine diluted and flush out bacteria. Cranberry juice, high in vitamin C and hippuric acid, helps inhibit bacterial growth.
- Urinate before and after sex to help flush bacteria from your system.
- Wear loose clothing and all-cotton underwear. UTI-causing bacteria thrive in warm, moist environments.
- Avoid bubble baths. Don't use perfume in the vaginal area.
- Make sure your diaphragm fits properly; if it doesn't, it can exacerbate UTIs. Ask your doctor if you can get a smaller diaphragm without increasing your risk of pregnancy. Over-the-counter contraceptive sponges can also cause UTIs.

When a UTI occurs, doctors usually prescribe antibiotics. Occasionally, a persistent UTI will be unresponsive to the usual therapy. These infections, called interstitial cystitis, may require a visit to a urologist. (continued on page 132)



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Gone are the days when patients meekly accepted whatever treatment physicians offered. Today, women play an active role in their own health care. To help you get the best treatment available, we've made a list of medical procedures many women undergo—dilation and curettage, hysterectomy and amniocentesis—along with questions you should ask before saying yes to any of them.

QUESTIONS women should ask their doctors

when the doctor recommends AMNIOCENTESIS

■ **WHAT, EXACTLY, IS THE PURPOSE OF AMNIOCENTESIS? AND IF I AM UNDER THIRTY-FIVE, IS THERE ANY REASON TO BELIEVE THE ODDS OF FINDING A PROBLEM OUTWEIGH THE RISKS?**

Amniocentesis is a prenatal test usually recommended for pregnant women who will be thirty-five or older at the time of delivery. In older women, the risk of finding a chromosomal abnormality is considered higher than the risk posed by amniocentesis itself (one woman in two hundred will lose her fetus as a result of the test). During amniocentesis, a needle, guided by ultrasound, is directed through the abdomen and into the womb. There, a sample of amniotic fluid is withdrawn for analysis. The test is usually performed when a woman is fifteen to seventeen weeks pregnant. Results are not known until three to four weeks later.

Amniocentesis may be recommended for younger women considered at high risk of carrying a child with birth defects, women who've had several miscarriages, and those who have a known genetic defect (or whose husbands do). (continued on page 132)

when the doctor recommends A DILATION & CURETTAGE

■ **WHAT IS A D&C, AND WHY DO I HAVE TO HAVE ONE?**

Dilation is a gradual widening of the cervical opening using progressively larger metal rods; curettage is the scraping of the uterine lining with a sharp instrument called a curette. A D&C can diagnose or treat many conditions, usually abnormal bleeding. Often performed after a miscarriage to prevent or stop hemorrhaging or infection, a D & C may also be done after an abortion, to remove remaining tissue. A D&C is often used to diagnose and treat polyps (benign growths) and excess growth of the uterine lining. In postmenopausal women, a D&C can rule out the possibility of a malignant tumor.

■ **IS THERE AN ALTERNATIVE TO A D&C?**

A mini-D&C (performed with a very small curette) or an endometrial aspiration (cell removal using a tubelike instrument) might be options for assessing your condition. Ask your doctor about choosing one of these less extensive procedures.

when the doctor recommends A HYSTERECTOMY

■ **WHY DO I NEED A HYSTERECTOMY?**

Six hundred thousand hysterectomies are performed annually in the U.S. Except in the case of gynecologic malignancy, hysterectomy (removal of the uterus) is usually elective surgery, recommended to relieve pain or bleeding rather than to save lives. Doctors may recommend a hysterectomy if a woman has uterine fibroids (noncancerous tumors), uterine prolapse, endometriosis, pelvic inflammatory disease or cancer.

Since fibroids often recur, doctors may recommend hysterectomy as a permanent solution. However, if a woman may still want to have children, myomectomy—surgery to remove only the fibroids and not the uterus—can preserve her fertility. Also, since most fibroids shrink after menopause, a woman nearing menopause may want to ask if she can postpone surgery and then reassess the situation after her periods cease.

■ **DO I REALLY NEED TO HAVE THE FIBROIDS REMOVED?**

Just because fibroids are present in the uterus doesn't mean they need to be removed. No matter how large they are, if fibroids aren't causing any bleeding or pressure, they can be left alone indefinitely.

■ **CAN I HAVE A VAGINAL RATHER THAN AN ABDOMINAL HYSTERECTOMY?**

In a vaginal hysterectomy, the uterus is removed through the vagina, so there's no abdominal incision and no scarring. Vaginal hysterectomy may be an option in many cases, although it can't be used to treat cancer, and it often won't work if fibroids are present, because the uterus is usually enlarged.

Since many physicians are not adequately trained in performing vaginal hysterectomies, they may want to proceed with an abdominal hysterectomy even when it's not necessary. Seeking a second opinion before surgery may help a woman determine whether a vaginal hysterectomy is possible.

■ **IF HYSTERECTOMY IS RECOMMENDED TO TREAT ENDOMETRIOSIS, CAN MY CONDITION BE TREATED WITH A LASER, LAPAROSCOPY OR MEDICATION?**

Laser surgery, laparoscopy or medication may be appropriate in some cases. Hysterectomy should be used to treat endometriosis only as a last resort, especially in younger women. (continued on page 130)

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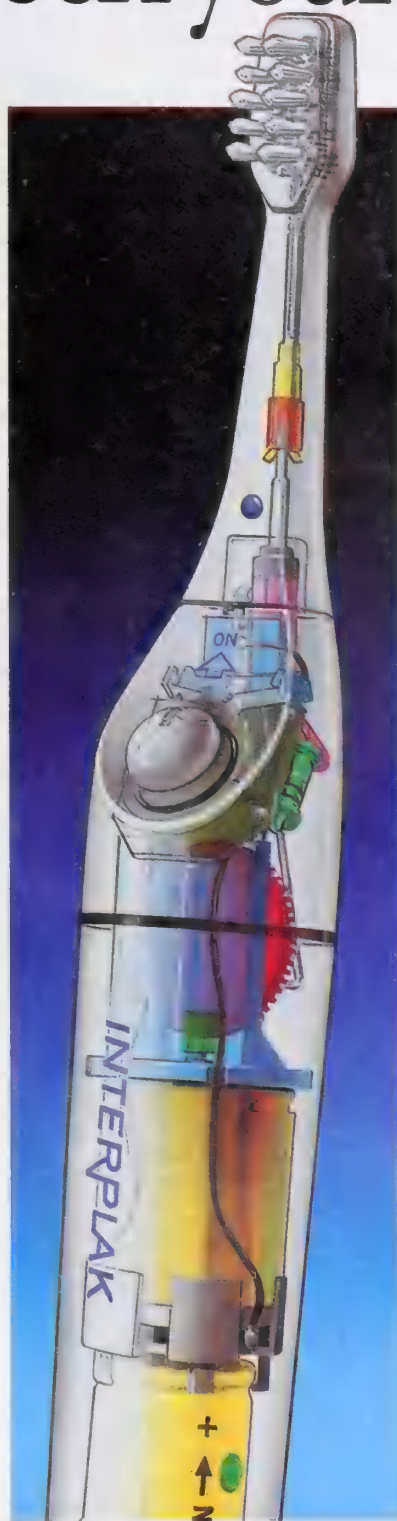


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IN THE
NEWS...
the truth
behind
the
headlines

AIDS continued from page 124

Another concern of both Seltzer and Minkoff are the babies born to AIDS-infected mothers. In many cases, women may not know they're infected before getting pregnant. "All women—even those who don't consider themselves at risk—should consider being tested before trying to conceive," says Seltzer. "It's a tragedy to give birth and later find out the child is infected."

THE PILL:

is it good or bad for you?

"The birth-control pill is an excellent contraceptive, and for most women under thirty-five, its benefits outweigh its risks," says Seltzer.

Nonetheless, many women are hesitant to take the Pill because they've read reports that it may be linked to an increased risk of some kinds of cancer.

Although the higher-dose contraceptives of the past may have posed some cancer risks, today's birth-control pills, which contain lower doses of hormones, are considered much safer in this regard; in fact, they actually help protect against endometrial and ovarian cancer. However, like any medication, contraceptive pills are not *absolutely* safe, and women need to discuss risks and side effects with their physicians.

The major risks of the Pill—uncommon but serious—include an increased incidence of stroke and a very rare liver tumor and, in women over thirty-five, a higher-than-average risk of heart attack. In addition to protection against certain types of cancer, the Pill's benefits include almost total effectiveness against pregnancy and a lowered incidence of benign breast lumps.

THE NEWEST CONTRACEPTIVE METHODS continued from page 124

Contraceptive implants

The Population Council in New York supported the development of the Norplant system, a contraceptive device consisting of rubber rods that are implanted beneath the skin of the arm and release pregnancy-stopping hormones into the body. Short of sterilization, the Norplant system has the lowest pregnancy rate of any contraceptive method. There are some problems, however. Some women experience irregular menses and between-period bleeding; consequently, a significant number of people discontinue using the system after a year or so.

The "women's condom"

This experimental contraceptive is being developed and tested in Europe and the U.S. Made of clear plastic, the women's condom consists of a transparent, diaphragm-like ring, attached to a long tube. The ring fits over the cervix. The tube extends the length of the vaginal canal; the outer portion of the device covers the labia. Like male condoms, it's used with a spermicide.

Even if the FDA eventually approves it here, the public may not accept the new device. Says Gerald Zatuchni, M.D., professor of obstetrics and gynecology at Northwestern University Medical School, Chicago, "It's very cumbersome and bulky, and it interferes with the sex act."

A new male contraceptive?

Doctors are now testing a device that would enable them to perform reversible vasectomies. The doctor inserts a piece of plastic in the vas deferens—the tube carrying sperm from the testicles—to block the sperm's exit. If a man decides he wants to father a child, the barrier can be removed.

QUESTIONS women should ask their doctors

.....HYSTERECTOMY

continued from page 128

■ IF HYSTERECTOMY IS RECOMMENDED TO TREAT BLEEDING, COULD A D&C OR AN ENDOMETRIAL BIOPSY BE USED INSTEAD?

A hysterectomy should not be used to treat unexplained bleeding until other procedures have been tried. A D&C or endometrial biopsy should be done first; in many cases, D&C will also treat the problem.

■ MUST I HAVE A HYSTERECTOMY—OR ANY TREATMENT—FOR UTERINE PROLAPSE? WOULD THERE BE ANY ADVANTAGE TO USING A PESSARY?

Many women with a prolapsed uterus will experience little or no discomfort. In these cases, surgery isn't needed. If a woman is uncomfortable, and if she is older or is considered a poor medical risk, there may be no alternative to using a pessary—a doughnut- or diaphragm-shaped ring that's inserted into the vagina to support the uterus. But because pessaries must be cleaned and changed every few months and may eventually become ineffective, many women will opt for a hysterectomy to alleviate a prolapsed uterus.

■ WILL MY OVARIES BE PRESERVED OR REMOVED DURING HYSTERECTOMY?

Many surgeons remove the ovaries as well as the uterus when performing hysterectomies on women over forty to forty-five. They reason that the ovaries are already producing less estrogen in preparation for menopause, and removing them also eliminates the risk of ovarian cancer. In younger women, ovaries are usually *not* removed unless they're damaged by cancer or other diseases. Finally, before agreeing to any surgery, women should know exactly what procedure will be performed and which organs and tissues will be removed.

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woman's
gentle
laxative*

*for dependable,
more natural
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Stress incontinence.

Stress incontinence—lack of bladder control that usually occurs during sneezing, laughing, coughing, or bending down quickly—isn't as common as it used to be. That, say experts, is because women are having fewer babies nowadays than they did in the past. But while childbirth is one of the main reasons for incontinence, it isn't the only one. Urinary tract infections, obesity and chronic conditions such as asthma or bronchitis can also be the cause.

Treating stress incontinence generally means treating its precipitating condition. Curing urinary tract infections, controlling asthma and losing excess weight may put an end to stress incontinence. If incontinence is due to childbirth, Kegel exercises can help. These exercises involve contracting muscles that support the pelvic floor, as if you were trying to stop the flow of urine. You should do a set of twenty Kegels ten or fifteen times a day. Faithful practitioners not only experience a marked decrease in stress incontinence but also report heightened sexual

pleasure due to improved vaginal muscle tone. Estrogen replacement therapy (ERT) may also be used to treat stress incontinence in postmenopausal women.

If such measures fail, there may be an underlying problem, such as a prolapse of the uterus or bowel into the vagina—when an organ drops from its normal position. In these cases, reparative surgery may offer the only relief.

health
update

the little problems that are big trouble for women

QUESTIONS... AMNIOCENTESIS

women
should ask
their doctors

continued from page 128

■ WHY IS AMNIOCENTESIS RECOMMENDED IF I PLAN TO HAVE THE BABY NO MATTER WHAT THE TEST REVEALS?

In addition to giving prospective parents time to decide whether to continue a pregnancy, amniocentesis can also serve another purpose.

Namely, the procedure can prepare parents and doctors to care for a child with a birth defect. Or you may want to ask about the alphafetoprotein test, which predicts only neural-tube defects, such as spina bifida. Doctors can sometimes treat these conditions in the womb or immediately after birth.

sexually transmitted diseases

AIDS may be getting all the attention, but there's a long list of other STDs running rampant in the U.S. today, says Howard Minkoff, M.D., director of obstetrics at the State University of New York Health Science Center, in Brooklyn, New York. The numbers bear him out: This year's estimates include four million cases of chlamydia; one million cases of gonorrhea; one million cases of pelvic inflammatory disease (PID); five hundred thousand cases each of herpes, hepatitis B and human papilloma virus (HPV); and seventy thousand cases of syphilis.

In women, many STDs are asymptomatic, so a person can be infected without even suspecting anything is wrong. And when symptoms do occur, they may mimic those of other conditions. (For example, chlamydia, UTIs and vaginitis may *all* be signaled by pain, burning, discharge and discomfort during intercourse.) Also confusing is the fact that STD symptoms may disappear without treatment. For example, the hard, painless syphilis lesion, called a chancre, appears and then vanishes after a while—though the organism remains in the body.

The danger is that if they are undetected and untreated, STDs may have severe long-term health repercussions. Untreated syphilis can spread and eventually damage the eyes, nervous system, heart and musculoskeletal systems. Chlamydia may lead to pelvic inflammatory disease (PID) that can later result in infertility and other serious problems.

The treatment for syphilis, chlamydia and gonorrhea—all bacterial infections—is antibiotics. If you're diagnosed with one STD, it's smart to be tested for others, since people who are susceptible to one tend to be susceptible to others.

Treatment for genital herpes includes the drug Zovirax (acyclovir), an antiviral medication that helps heal herpes lesions, and an anesthetic such as zyllocaine, which relieves discomfort. Controlling stress can help prevent herpes recurrences.

Preventing STDs means practicing monogamy with an uninfected partner or using condoms.



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would your kitchen pass inspection?

We asked food-safety experts to check out ten home kitchens to see if they would pass a board of health inspection.

The dangers they discovered may surprise you. Does your kitchen make the grade?

Each year, approximately two million cases of food poisoning in the U.S. are caused by incorrect handling of food. Although food poisoning can be a serious—even fatal—condition, it can be prevented by keeping your kitchen clean and knowing the correct techniques for buying, storing and preparing food.

Unfortunately, many of us make serious health mistakes in our kitchens every day. In our visit to ten homes, our experts—Marty Muchanic, an inspector, and Marjorie Coleman Berg, associate director, both of Food Sanitation Consultant Service, in New York City—found that while almost every kitchen was clean, not every kitchen was safe. For example, two families received failing grades for keeping outdated food in their refrigerator, three others got F's for storing food incorrectly, and another flunked for thawing frozen food at room temperature.

Our photo guide illustrates some of the most common dangers we discovered. Are you guilty of these health mistakes?

On the counter



- Don't use the same sponge to wipe counters and then wash dishes; don't use the same towel to wipe your hands and then dry a cutting board. Instead, use several different sponges—one for dishes, one for wiping counters, another for washing the floor; use paper towels; launder dish towels frequently.
- Always clean your can opener after each use to prevent bacteria from building up.

- Never cut vegetables on the same cutting board or with the same knife you use to cut raw meat or poultry; wash the knife and board first. Juices from the meat may contain bacteria that can contaminate vegetables and cause food poisoning.
- Never thaw food at room temperature, because bacteria will multiply rapidly. Instead, thaw foods in the refrigerator overnight. For faster thawing, put the item in a watertight plastic bag and place it in cold water, changing the water often; or thaw in a microwave (follow manufacturer's directions).

By Pamela Guthrie with Marjorie Coleman Berg



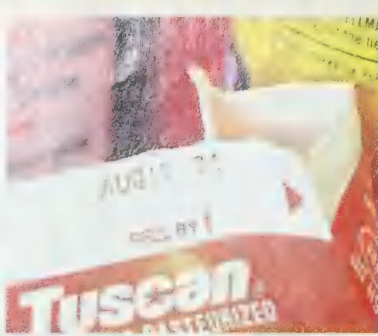
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be a smart shopper

■ Pick up perishable items last, just before you head for the checkout counter. Make sure frozen foods are frozen solid; select those kept below the frostline in the freezer case. Refrigerated products should feel cold. Take perishables home as quickly as possible and refrigerate or freeze immediately.

■ Before buying, always check each product's expiration date or "use by" date (the date after which the food will start to decrease in quality).

■ Never buy or use canned foods that are leaky, bulging or dented; do not use foods in jars that are cracked or have loose or bulging lids. These are warning signs of botulism. At home, store cans in a cool, dry place.



In the refrigerator

Pictured from the top

■ The "sell by" date is the last date a product can be sold; there is still time to eat the food before it will spoil. Cream can be kept for up to four days, milk for five days. Always close milk or cream containers to seal out refrigerator odors.



■ Eggs taken out of their cartons absorb odors from the refrigerator and lose moisture. Never eat cracked eggs, because the risk of food poisoning is high. Eggs stored correctly can be kept and used safely for four weeks.

■ Don't forget to use the food stored in your vegetable bin. For instance, celery will keep for two weeks; after that it will begin to spoil.



■ Don't store raw chicken on an upper rack in the refrigerator. Blood and juices may drip down onto uncovered or partially wrapped foods below and contaminate them. Always store raw poultry, meat and fish on a bottom shelf.

■ Tuna (or chicken, shrimp, ham or egg) salad spoils quickly. To prevent any chance of bacterial growth, don't keep these protein-salad mixtures for more

than twenty-four hours. And cold cuts, once they're opened, are good for only three to five days. (Unopened vacuum-sealed packages of these processed meats can be stored for two weeks.) Never taste any food that doesn't smell right. Always cover items when storing them in the refrigerator to keep them fresh and protect them from microorganisms; carefully unwrap packages of meat after opening.

how's your kitchen hygiene?

■ Wash shelves, stove top, the inside of the refrigerator and your kitchen floor regularly with detergent and warm water.

■ Wash cutting boards, utensils and countertops in hot, soapy water after each step in food preparation. This is especially important when handling raw meat, poultry or fish.

■ Always wash your hands before preparing food; wash hands again after you handle raw foods. Cover your face with a tissue when you sneeze or cough. If you have a cut, sore or skin infection on your hands, be sure to keep the area bandaged and wear plastic or rubber gloves when handling food.

■ Rinse all poultry before cooking. Wash raw vegetables to remove dirt; rinse fresh fruits. Wipe dust and dirt from cans before opening.

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THE MOST COMMON CULPRITS

The following items are common causes of food poisoning. Be especially careful when handling:

- ground beef
- poultry
- turkey
- dairy products
- egg products, including any food that contains raw or partly cooked eggs, such as hollandaise sauce, custard, Caesar dressing, homemade mayonnaise, and eggs cooked sunny-side up.
- cold cuts
- protein-salad mixtures
- seafood, such as shrimp or crabmeat
- stuffing
- gravies



6 RULES for smart cooks



1 Keep foods colder than 45 degrees F. or hotter than 140 degrees F. to prevent bacterial growth. Your refrigerator should be 40 degrees F. inside, your freezer, 0 degrees F. Cook meat and poultry thoroughly, using a meat thermometer.

2 Don't jam-pack your refrigerator with food. Overcrowding prevents cold air from circulating freely around each item, slows down the chilling process and may cause dangerous bacteria to grow in food.

3 Never partially cook foods; interruptions in the cooking process can give bacteria time to grow.

4 Cook frozen food longer to make sure it reaches the correct temperature (generally one-and-a-half times longer than thawed food).

5 When reheating leftovers, put a lid on the pan and heat rapidly to at least 145 degrees F. Bring gravies to a rolling boil before serving.

6 Never leave food out at room temperature for more than two hours (this includes food at a party buffet). Don't leave dairy products out longer than one hour. After meals, cover or wrap foods and refrigerate immediately; never cool leftovers at room temperature. Divide large amounts of leftover food into smaller portions for more rapid cooling.

In cupboards

- Store cereal, flour, grains, crackers, cookies, rice and pasta in covered plastic, metal or glass containers or sealed plastic bags to prevent insect or rodent infestation.
- Never store any food—including potatoes and onions—under the sink. Household cleaning products or chemicals stored there could leak or spill on food; leaky pipes can drip on food, causing mold or spoilage.

If you're not ready for a big Cuisinart, we'd like to make you a counter offer.

The Little Pro food processor.

Any similarity between it and a big Cuisinart® is purely intentional.

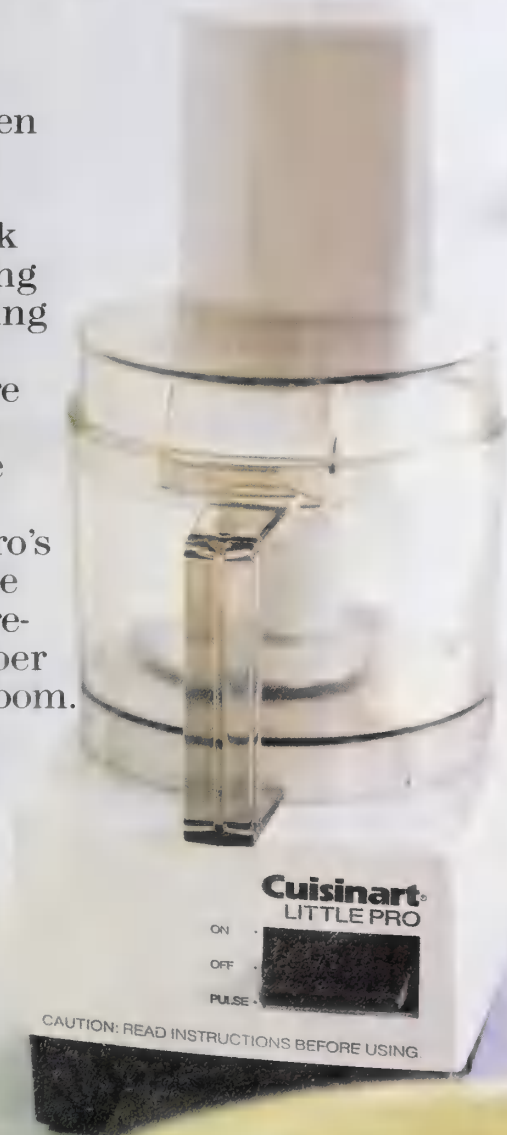
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Once again we are offering LHMJ greeting cards. Our Christmas cards picture the December 1911 and 1929 covers; the all-purpose cards, March 1910 and August 1913. As we did last month, we're donating part of the proceeds to the health organizations involved in breast cancer research (see page 243). Each set is \$9.95 (twelve cards and envelopes—six of each cover). To order, turn to page 231.



Year-round romance

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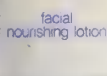
Nivea Visage helps replenish and nourish your skin by reducing moisture loss.

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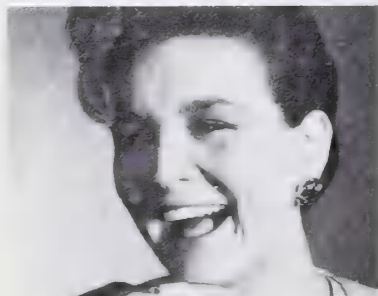
Your Buick dealer can help you select a Buick Blue Chip Leasing plan appropriate for your driving and financial interests. Buckle up and ask him about the "smart money" way to enjoy driving a new Buick.

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Rosemary Bannon, Assistant Account Executive



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COOKING FOR TODAY

EAST

WEST

Oriental flavors combine with classic American cuisine to bring out the best of both worlds.

Ken Hom

From KEN HOM'S EAST MEETS WEST CUISINE by Ken Hom
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CASSEROLE OF SPICY CHICKEN WINGS

Latino-Mexican ancho chilies blend with a few Chinese flavorings to turn the plebeian chicken wing into a specialty of the house.

Prep time: 15 minutes plus marinating
Baking time: 20 minutes

- 2 dried ancho chilies***
- 1/3 cup rice wine**
- 2 tablespoons ground bean sauce***
- 2 tablespoons chopped garlic**
- 1 tablespoon soy sauce**
- 2 pounds chicken wings with tips removed, cut in half at joint**

In small bowl soak chilies in rice wine 45 minutes. Drain chilies, reserving wine; remove stems and chop coarsely. In blender puree chilies, wine, bean sauce, garlic and soy sauce until smooth. Toss chicken wings with marinade in a 13x9-inch baking dish. Let stand at room temperature 1 hour.

Preheat oven to 400°F. Bake chicken wings 20 minutes or until browned. Makes 4 to 6 appetizer servings.

*Dried anchos can be found in the specialty section of some supermarkets or Mexican groceries, and ground bean sauce in Oriental groceries.

Nutrition info per serving: For 4 servings, 290 calories, 18 gm fat, 25 gm protein, 7 gm carbohydrate, 644 mg sodium, 72 mg cholesterol. For 6 servings, 190 calories, 12 gm fat, 17 gm protein, 4 gm carbohydrate, 429 mg sodium, 48 mg cholesterol.

BROILED T-BONE STEAK WITH OYSTER SAUCE AND BOK CHOY

A substantial meal that's done in a hurry, this steak was one of the most popular specialties at the restaurant where I served as an apprentice.

Prep time: 15 minutes
Grilling time: 10 minutes

- 2 T-bone steaks (1 lb. each), 3/4 inch thick**
- 2 tablespoons Oriental sesame oil**
- Salt and freshly ground pepper**
- 2 pounds bok choy, sliced thin**
- 2 tablespoons oyster sauce**



are grill. Rub steaks with sesame oil; sprinkle with salt and pepper. Grill 5 minutes per side for medium-rare. Transfer to serving board and let stand 10 minutes. Meanwhile, bring a large saucepot of salt-water to a boil. Add bok choy and cook until just wilted, 1 minute. Drain well and transfer to a serving platter; cover and keep warm. Cut steaks crosswise into 1-inch-thick slices. Arrange meat on top of bok choy and drizzle with oyster sauce. Makes 4 servings.

Nutrition info per serving: 540 calories, 41 gm fat, 25 gm protein, 6 gm carbohydrates, 721 mg sodium, 0 mg cholesterol.

BARBECUED PORK CUBES SATAY-STYLE

It comes West when the meat is cut cubed style and Eastern flavoring joins Eastern seasoning in the marinade.

Prep time: 30 minutes plus marinating
Cooking time: About 10 minutes ○

Ingredients:
 1/2 cup rice wine
 1/2 cup tahini or peanut butter
 1/2 cup fresh lemon juice
 1/2 cup Oriental soy sauce
 1/2 cup fresh marjoram or 1 teaspoon dried
 1/2 cup light soy sauce
 1/2 cup freshly ground pepper to taste
 1/2 cup pork butt, cut into 1-inch cubes
 1/2 cup Onion-Ginger Confit (recipe follows)

In a medium bowl combine all ingredients except pork. Add pork cubes and toss to coat. Cover and marinate in refrigerator at least 1 hour.

Preheat broiler or prepare grill. Divide pork evenly among 4 skewers. Broil or grill 4 minutes per side. Serve with Onion-Ginger Confit. Makes 4 servings.

Nutritional info per serving: 305 calories, 24 gm fat, 25 gm protein, 3 gm carbohydrates, 421 mg sodium, 0 mg cholesterol.

ONION-GINGER CONFIT

Prep time: 30 minutes ○

Ingredients:
 1/2 cup butter or margarine
 1/2 cup thinly sliced red onions
 1/2 cup thinly sliced shallots
 1/2 cup chicken broth
 1/2 cup sugar
 1/2 cup minced fresh ginger

(continued)

P.S. 5

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Photograph C.B. Harding

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Oregon Washington California Pear Bureau



COOKING FOR TODAY continued

1 cinnamon stick Salt and freshly ground pepper

In medium skillet melt butter or margarine over medium-low heat. Add onions and shallots; sauté until onions are translucent. Add remaining ingredients; simmer 5 minutes. Remove cinnamon stick. Increase heat to medium and cook until all liquid is evaporated, about 15 minutes. Serve warm or at room temperature. Makes 1 cup.

Nutrition info per tablespoon: 40 calories, 2 gm fat, 1 gm protein, 5 gm carbohydrates, 96 mg sodium, 6 mg cholesterol.

SHRIMP WITH MUSTARD AND CORIANDER

For an easy-to-make dish that is both delicious and unusual, stir-fry plump, succulent shrimp with a bit of mustard, rice wine and cilantro.

Prep time: 10 minutes

Cooking time: About 5 minutes

2 tablespoons butter or margarine

1 tablespoon salad oil 1½ pounds large shrimp, shelled and deveined

1 teaspoon minced garlic ½ cup bottled clam juice 2 tablespoons rice wine 2 tablespoons Dijon mustard 2 tablespoons chopped fresh cilantro

In wok or large skillet heat butter or margarine and oil over medium-high heat. Add shrimp and garlic; stir-fry 1 minute. Increase heat to high. Add clam juice, rice wine, mustard and cilantro; cook until shrimp turn pink and sauce is slightly thickened, 2 to 3 minutes. Makes 4 servings.

Nutrition info per serving: 240 calories, 12 gm protein, 3 gm carbohydrates, 554 mg sodium, 226 mg cholesterol.

CHOPPED CHICKEN LIVERS WITH ASIAN FLAVORS

Traditional Jewish chopped liver is blended with Eastern flavors and textures. The result is delicious and different.

Prep time: 15 minutes plus cooling
Cooking time: 8 minutes

1 tablespoon butter or margarine 1 teaspoon salad oil 1 pound chicken livers ¼ cup minced green onions 3 tablespoons chopped shallots 2 teaspoons minced fresh ginger ¾ teaspoon salt ¼ teaspoon freshly ground pepper 2 tablespoons rice wine 2 tablespoons heavy or whipping cream (continued on P. S. 1)





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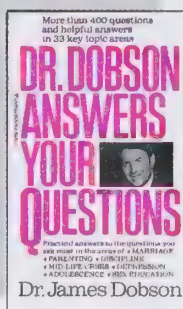


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is finally available in an affordable paperback edition for only \$4.95. Wherever paperbacks are sold.

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 Tyndale House Publishers, Inc., P.O. Box 80, Wheaton, IL 60189

with cilantro leaves. Serve with crack. Makes 2 cups.

Nutrition info per tablespoon: 25 calories, 1 gm 3 gm protein, 1 gm carbohydrates, 67 mg sodium, mg cholesterol.

VEGETABLE PASTA

Here vegetables are cut into thin spaghetti like strips and cooked using the East Asian technique of stir-frying. The flavorings distinctly Western in concept.

Prep time: 40 minutes

Cooking time: 6 minutes

2 pounds zucchini, cut into long julienne strips

1 tablespoon coarse or kosher salt

2 tablespoons olive oil

1 tablespoon peanut oil

2 teaspoons Oriental sesame oil

4 garlic cloves, sliced thin

1/2 pound thin asparagus, cut into inch pieces

3 sweet red or yellow peppers or combination, seeded and sliced thin

1 cup frozen peas, thawed

2 cups fresh basil leaves

1 teaspoon fresh lemon juice

Salt and freshly ground pepper

Freshly grated Parmesan cheese

Sprinkle zucchini with coarse or kosher salt and drain in a colander 30 minutes. Wrap zucchini in a kitchen towel and squeeze. Set aside.

In wok or large heavy skillet, heat 1/2 cup peanut and sesame oils. Add garlic and fry 15 seconds. Add asparagus, pepper, peas; stir-fry 2 minutes. Add zucchini; stir-fry 2 minutes more. Toss in basil, lemon juice; season with salt and pepper. Serve hot or at room temperature with Parmesan on the side. Makes 8 servings.

Nutrition info per serving: Without Parmesan: 125 calories, 7 gm fat, 4 gm protein, 10 gm carbohydrates, 578 mg sodium, 0 mg cholesterol.

COOKING FOR TODAY

continued from P.S. 12

1 teaspoon cumin

2 tablespoons chopped water chestnuts

Cilantro leaves, for garnish

In medium skillet heat butter or margarine and oil over medium-high heat. Add chicken livers and sauté 1 minute. Add green

onions, shallots, ginger, salt and pepper; sauté 1 minute more. Stir in rice wine, cream and cumin; cook until livers are cooked but still slightly pink inside, 5 minutes more. Stir in water chestnuts. Cool.

Transfer to a food processor and process until smooth. Transfer to a bowl and garnish



Chocolate Mint Dessert

About 12 servings

Cake Layer:

- 1 cup all-purpose flour
- 1 cup sugar
- ½ cup butter or margarine, softened
- 4 eggs
- 1½ cups (16-ounce can) HERSHEY'S Syrup

Heat oven to 350°. Grease rectangular pan, 13x9x2 inches. In large mixer bowl combine flour, sugar, butter, eggs and syrup; beat until smooth. Pour into prepared pan; bake 25 to 30 minutes or until top springs back when lightly touched. Cool completely in pan. Spread Mint Cream Center on cake; cover and chill. Pour Chocolate Topping over chilled dessert. Cover; chill at least 1 hour before serving.

Mint Cream Center:

- 2 cups confectioners' sugar
- ½ cup butter or margarine, softened
- 1 tablespoon water
- ½ to ¾ teaspoon mint extract
- 3 drops green food color

In small bowl combine all ingredients; beat until smooth.

Chocolate Topping:

- 6 tablespoons butter or margarine
- 1 cup HERSHEY'S Semi-Sweet Chocolate Chips

In small saucepan over very low heat melt butter and chocolate chips. Remove from heat; stir until smooth. Cool slightly.

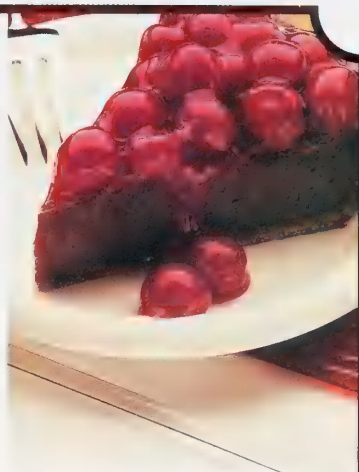


Chocolate Cheese Pie

6 to 8 servings

- 1 package (8 ounces) cream cheese, softened
- 1 package (3 ounces) cream cheese, softened
- ¾ cup sugar
- ¼ cup HERSHEY'S Cocoa
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup chilled whipping cream
- 8-inch (6 ounces) packaged crumb crust
- Cherry pie or peach pie filling

Heat oven to 350°. In large mixer bowl combine cream cheese and sugar; beat well. Blend in cocoa, scraping sides of bowl and beaters frequently. Add eggs and vanilla; blend well. Blend in whipping cream. Pour into crust. Bake 35 to 40 minutes. (Center will be soft but will set upon cooling.) Cool to room temperature. Cover and chill several hours or overnight. Garnish with pie filling.



Drizzle Topped Brownies

About 20 brownies

- 1½ cups buttermilk baking mix
- 1 cup sugar
- ½ cup HERSHEY'S Cocoa
- ½ cup butter or margarine, melted
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup HERSHEY'S Semi-Sweet Chocolate Chips or MINI CHIPS

Quick Vanilla Glaze (recipe follows)

Heat oven to 350°. Grease square pan, 8x8x2 or 9x9x2 inches. In medium mixing bowl combine baking mix, sugar and cocoa; mix with spoon or fork until thoroughly blended. Add butter, eggs and vanilla, mixing well. Stir in chocolate chips. Spread into prepared pan. Bake 25 to 30 minutes or until wooden pick inserted in center comes out clean. Cool completely. Prepare Quick Vanilla Glaze. Drizzle onto cooled brownies. Cut into bars.

Quick Vanilla Glaze

In small mixing bowl combine ½ cup confectioners' sugar, 1 tablespoon water and ¼ teaspoon vanilla extract; blend well.



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family

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AN
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Tyndale House Publishers, I

COOKING FOR T

continued from P. 5

1 teaspoon cumin
2 tablespoons chopped water
chestnuts
Giant leaves, for garnish

In medium skillet heat butter or margari
and oil over medium-high heat. Add
en livers and sauté 1 minute. Add gre



Microwave Chocolate Cake

About 8 servings

¼ cup HERSHEY'S Cocoa	¼ teaspoon baking powder
¾ cup hot water, divided	¼ teaspoon salt
¾ cup plus 2 tablespoons all-purpose flour	¼ cup plus 2 tablespoons vegetable oil
1 cup sugar	1 egg
½ teaspoon baking soda	2 teaspoons vanilla extract

Grease round micro-proof baking dish, 7¼ x 2¼ inches or 8 x 1½ inches; line bottom with plastic wrap. In small micro-proof bowl combine cocoa and ¼ cup water; microwave on high (full power) 40 to 50 seconds or until slightly thickened. In medium bowl combine flour, sugar, baking soda, baking powder and salt. Add oil, remaining ¾ cup hot water, egg, vanilla and chocolate mixture; beat until batter is smooth and well blended. Pour batter into prepared pan. Microwave on high 5 to 6 minutes* without turning until cake begins to pull away from sides (some moist spots may remain but will disappear on standing). Let stand 5 minutes; invert onto serving plate. Peel off plastic wrap; cool. Frost.

Easy Cocoa Frosting

In small bowl combine 3 tablespoons butter or margarine, softened, ¼ cup HERSHEY'S Cocoa, 1½ cups confectioners' sugar, 2 to 3 tablespoons milk and ½ teaspoon vanilla extract. Beat to spreading consistency. About 1 cup.

*Time is for 600-700 watt microwave ovens.

No-Bake Chocolate Cheesecake

8 servings

1½ cups HERSHEY'S Semi-Sweet Chocolate Chips
1 package (8 ounces) cream cheese, softened
1 package (3 ounces) cream cheese, softened
½ cup sugar
½ cup butter or margarine, softened
2 cups frozen non-dairy whipped topping, thawed
8-inch (6 ounces) packaged graham cracker crumb crust

In small micro-proof bowl melt chocolate chips on high (full power) 1 to 1½ minutes or until chips are melted and mixture is smooth when stirred; set aside to cool. In large mixer bowl beat cream cheese, sugar and butter until smooth. On low speed blend in melted chocolate. Fold in whipped topping until blended; spoon into crust. Cover; chill until firm.



Chocolate Chip Crater Cake

About 9 servings

2 cups buttermilk baking mix
¼ cup sugar
½ cup milk
1 egg
1 teaspoon vanilla extract
1 cup HERSHEY'S Semi-Sweet Chocolate Chips
Topping Mix (recipe follows)

Heat oven to 350°. Grease square pan, 8x8x2 inches. In large mixer bowl combine baking mix, sugar, milk, egg and vanilla; beat on low speed until moistened. Beat 2 minutes on medium speed until smooth. Pour ½ of batter into prepared pan. Sprinkle chips over batter in pan. Top with remaining batter, completely covering chips. Sprinkle Topping Mix evenly over batter. Bake 25 to 30 minutes or until top springs back when touched lightly. Cool completely. Cut into squares.

Topping Mix

¼ cup sugar
¼ cup packed dark brown sugar
¼ cup buttermilk baking mix
¼ cup butter or margarine, softened
1 teaspoon ground cinnamon

In small mixing bowl combine all ingredients.



Spicy Spinach Lozange

Makes 4 dozen appetizers

- 1 (11-ounce) can DEL MONTE® Mandarin Oranges, drained and coarsely chopped
- ¼ cup chopped red onion
- 1 tablespoon corn oil
- 1 tablespoon REGINA® Red Wine Vinegar
- 2 teaspoons GREY POUPON® Dijon Mustard
- 1 teaspoon sugar
- 48 Wheat 'n Bran TRISCUIT® Wafers

Spinach leaves, cleaned and broken into bite-size pieces

In small bowl, combine oranges, onion, oil, vinegar, mustard and sugar; set aside. On each Wheat 'n Bran TRISCUIT® wafer, place spinach leaf; top with teaspoonful of orange mixture. Serve immediately.



Creamy Cheddar Spread

Makes 2¾ cups

- 1 (8-ounce) package cream cheese
- ½ cup beer or milk
- 1 (8-ounce) package sharp Cheddar cheese, shredded (about 2 cups)
- ½ cup chopped red pepper
- Wheat 'n Bran TRISCUIT® Wafers
- Parsley for garnish

In bowl, beat cream cheese until smooth. Gradually beat in beer or milk. Add Cheddar cheese and red pepper, beating until well blended. Chill 1 hour. Serve as a spread on Wheat 'n Bran TRISCUIT® wafers. Garnish with parsley.



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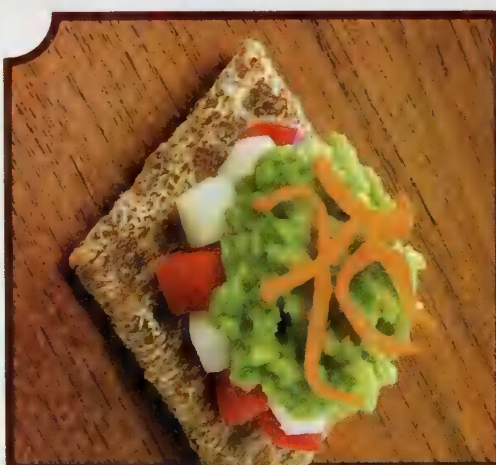
 Tyndale House Publishers,



No-Bake Chocolate

- 1½ cups HERSHEY'S Semi-Sw
- 1 package (8 ounces) cream
- 1 package (3 ounces) cream
- ½ cup sugar
- ¼ cup butter or margarine, so
- 2 cups frozen non-dairy whip
- 8-inch (6 ounces) packaged c
- crumb crust

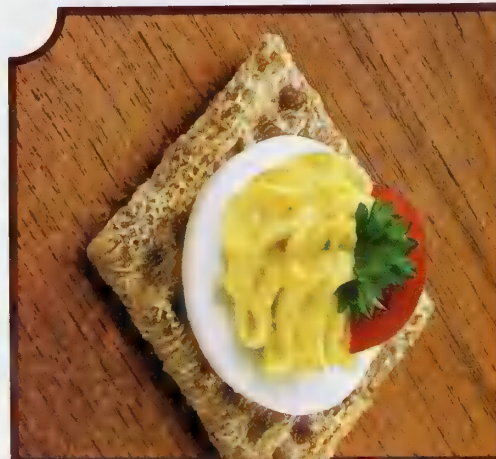
In small micro-proof bowl melt c (full power) 1 to 1½ minutes or u mixture is smooth when stirred; mixer bowl beat cream cheese, smooth. On low speed blend in whipped topping until blended; chill until firm.



Zesty Salsa Supreme

Makes 48 appetizers

- ½ cup chopped seeded cucumber
- ½ cup chopped red or green pepper
- ¼ cup finely grated carrot
- ¼ cup ORTEGA® Mild Thick and Smooth Taco Sauce
- 1 (4-ounce) can ORTEGA® Diced Green Chiles
- 2 tablespoons chopped parsley
- 48 Wheat 'n Bran TRISCUIT® Waters
- 1 cup prepared guacamole
- Carrots for garnish



Garden Deviled Eggs

Makes 48 appetizers

- 6 eggs, hardcooked
- ¼ cup garlic and herb cheese spread
- 2 tablespoons mayonnaise
- 2 tablespoons finely chopped scallions
- 1 tablespoon finely chopped pimientos
- 1 tablespoon GREY POUPON® Dijon Mustard
- 48 Wheat 'n Bran TRISCUIT® Waters
- Parsley and tomato for garnish

Cut each egg crosswise in slices. Scoop yolks out into small bowl; mash well. Set egg whites aside. Stir cheese spread, mayonnaise, scallions, pimientos and mustard into yolks until smooth and well blended. Top each Wheat 'n Bran TRISCUIT® wafer with an egg white slice. Spoon or pipe yolk mixture onto egg whites. Garnish with parsley and tomato if desired.

COOKING FOR T

continued from P.S. 6

- 1 teaspoon cumin
- 2 tablespoons chopped water chestnuts
- Cilantro leaves, for garnish

In medium skillet heat butter or margarine and oil over medium-high heat. Add chicken livers and sauté 1 minute. Add gre

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WHAT'S

country women

Forget the ruffles and bows—these women used grit and talent to reach the top of the country charts

Competition between the two is nonexistent, as either Naomi or Wynonna will tell you. Each brings her own unique qualities to a

team that has set country music on fire. Beautiful Naomi has the business sense and the drive that keeps them moving forward. Daughter Wynonna is blessed with tremendous musical talent and vocal ability.

"I think all kids seek their parents' approval," she says. "Ultimately, I want my mom to be proud of me." And Mom sure is.

"A lot of young girls think Wy is hip and cool," Naomi says. "Then they see her getting along with her mom. That's an important message."

The partnership began with Wynonna's birth in Ashland, Kentucky, in 1964. Naomi married her childhood sweetheart and had Wynonna the week of high school graduation a few months later. In 1968 the young family moved to Los Angeles, where a second daughter, Ashley, now twenty, was born. The marriage soon dissolved, however, and Naomi worked as a secretary and managed a health-food store to support her children and put food on the table.

Her grit began to pay off. Naomi landed a job in the office of the singing group the Fifth Dimension and later worked as a model. But she always wanted something more for her kids.

"The girls were starting to think Hollywood was normal," Naomi explains. "I've always said there's more swimming pools in Los Angeles than there are Bibles. That's not what I wanted for my children."

So she brought the kids home to the rural South. "We went from having three TVs, two refrigerators and four phones to having none of the above," says Wynonna with a smile.

During this spartan period, Naomi developed the determination she later used to parlay the Judd name across the country charts. After walking two miles home from work one winter night, she discovered the pipes frozen in their home and her

(continued)



The Judds' family ties

If there's one thing that's been integral to the success of the mother-daughter singing duo the Judds, it's their harmony.

Not only do Naomi and Wynonna Judd share a rare vocal blend that's helped their previous two albums, *Why Not Me* and *Rockin' With the Rhythm*, sell more than a million copies each, but their close friendship has allowed them to support each other through the good times and the bad.

"People come up to us all the time and say it's nice to see a mother and daughter getting along," says twenty-four-year-old Wynonna. "To them, we represent family. They see that we're coping as business partners, mother and daughter, and friends. They feel that if we can do it, so can they."

Mama Naomi, who is forty-two, agrees: "I think it comes from the fact that we've been comrades in the trenches," she says. "We both know we'll be there for each other. We always have been."

By Holly Gleason

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country women

(continued) daughters huddled together under the covers in her bed. "It was then I decided I would never fail them."

With her family's security in mind, Naomi earned a nursing degree. Meanwhile, their closeness began to manifest itself in new ways. Wynonna's talent started to show through when she learned to play the guitar and began to sing. With little else to entertain them in their remote Tennessee home, mother and daughter began harmonizing around the kitchen table.

Enter fate. One of Naomi's patients was the daughter of a noted Nashville record producer who arranged a rare live audition for the duo at RCA. They were quickly signed, and their debut single broke into the top twenty in 1984. They've been headlining ever since.

"Are we a Judith Krantz story or what?" Naomi says, laughing.

Despite their recent success, the Judds say they have kept their old values.

"We both believe in the basics," says Naomi. "In today's society, we don't always know where we're going, but we have the security of knowing where we come from. We go back to the family homestead whenever we need to recharge our batteries."

They've also put down new roots of their own. Naomi recently purchased a whole valley outside Nashville, where she'll live in a log cabin, while Wynonna bought a farm less than five miles down the road.

And their harmony continues. The Judds' new album, *Heartland*, has gone gold, and the pair will appear in a CBS-TV special scheduled to air Thanksgiving week. They're currently recording an album slated for release early next year.

"I think what makes us special is the fact that we're ordinary women and something extraordinary is happening to us," concludes Naomi. "When people see us succeed, they realize this could happen to them. It's great, making people believe in their dreams."

Using each other for support, the Judds have hit the big time in country music



Reba has ridden from the rodeo to center stage at the Grand Ole Opry

Reba takes the reins

Records have been made in Reba McEntire's family for years. Her grandpa and daddy used to set them in the rodeo competitions they dominated for years, and Reba started making them when she arrived in Nashville in 1974 to embark on a new career.

The thirty-three-year-old native of Stringtown, Oklahoma, left behind the rodeo circuit after her own stint as a ranch hand and took her talent and determination along to make it as a singer.

Reba started her own ride to the top at the age of five, singing "Jesus Loves Me" for a nickel in a hotel lobby where her parents were staying while on the big-time rodeo circuit.

And it was at the rodeo where she got her first big break. She was discovered by country music star Red Steagal, who heard her sing the national anthem, opening the 1974 national rodeo finals in Oklahoma City. He convinced Reba's mother to bring the singing dynamo to Nashville, where her demo tape earned her a contract with Mercury Records. Her efforts have led to unprecedented acclaim from the Country Music Association—four consecutive Female Vocalist of the Year Awards. Last year she won a Grammy for Best Country Vocal Performance by a Female and went on to sell out Carnegie Hall in a show that had the critics raving. And in this year's Gallup Youth Survey, American teenagers picked her as one of their top ten female vocalists. No other female country singer even made the list.

But no other country singer is like Reba McEntire.

"I don't like to be referred to as a 'gal' or a 'chick' or a 'broad,'" she says, in no uncertain (continued)

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a cup of Cafe Vienna,

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country women

(continued) terms. "I think women need to be strong. My mother is one of the strongest people I've ever met in my life. She can cry right along with you at the saddest movie, but when the tension is there, she's the backbone."

Her mother's strength has surely had an impact on Reba's work. "I do think I've made a conscious effort to record more songs for women," Reba says. "It's about time someone focused on them. I think women are special, and I want to make them realize that."

To drive that point home, Reba has begun opening her shows with Aretha Franklin's classic song "Respect." Audiences have responded so positively that Reba included the song on her latest album, simply titled *Reba*.

She made a stand for women's rights in 1987 when she recorded "The Stairs." Although the song, a powerful saga about a woman's denial of wife abuse, ventured into a touchy area, Reba felt the issue needed to be explored.

"Just because someone's bigger than you, it doesn't give him the right to hit you," she says with conviction. "Women need to know that."

It was a risky theme, but Reba's never been one to avoid taking risks. Now she's taking her biggest risk to date by taking over management of her career.

"As my co-producer, Jimmy Bowen, said to me when I started producing my own records, 'No one knows better than you what's right for Reba McEntire.'"

Today her voice is recognized as one of the best in country music. Now she's obsessed with expanding her audience, and she believes she has the stuff to make it happen. "I'm just as good and just as capable as anybody else, male or female," she says. "I don't think there's anything I can't do."



Reba's outstanding voice has taken her right to the top



Writing songs rooted in real life, K.T. Oslin is Nashville's '80s lady

K.T.'s solo success

Picture it: You struggle for years to make it as an actress, but your strongest credit is a

starring role in a Preparation H commercial. You pursue another talent as a songwriter only to be rebuffed by record producers who find you too old and your songs too heavy. Finally, you break through with one of the biggest hit albums of 1987, *80's Ladies*, and win the Grammy Award for Best Female Vocal Performance.

But you go to the awards show alone because you don't have a date.

That's K.T. Oslin's story. "I went straight home after the Grammys," she says. "I'll tell you, most men seem to be taken, gay or not what I want at all."

But through it all, she's kept smiling. Judging by the two number-one singles on *80's Ladies*, "Do Ya" and "I'll Always Come Back," and the rave reviews she's already received for her new album, *This Woman*, K.T. has plenty of reason to be happy.

Born Kay Toinette Oslin in Crossett, Arkansas, forty-six years ago, she was raised by her mother and grandmother after her father died when she was five.

"I was raised by two women who had to make their own way in life," she says.

So K.T. did the same. She moved to New York City in her early twenties to make it as an actress. During years of disappointment at settling for bit parts or nothing at all, she realized that her real talent lay in writing and singing songs about her experiences.

Unfortunately, her first record contract fell through, and though she was discouraged, K.T. gave show business one more try in 1986.

With money borrowed from an aunt in Texas, K.T. set up a live performance showcase in a Nashville club. The show caught the attention of country producer Harold Shedd, whose support resulted in a record deal with RCA. With K.T.'s years of struggle as their foundation, both *80's Ladies* and *This Woman* give the perspective of a mature woman of experience.

And K.T. also believes her age has worked for her in an industry normally associated with youth.

"I let people know forty isn't the age to pack it in."

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Childhood should be a time of innocence and happiness, but the reality is that kids often experience painful rejection. Here's how to help when your child feels unpopular



Mommy, nobody likes me

It's a fact of life: kids reveal all the really important stuff just as they are going to bed. So when my eight-year-old daughter said something had happened that day at camp, I paid attention. "I was the last one picked for the ball team," she blurted out as I was about to turn out the light. "Even Justin got picked before me, and everyone hates him. I feel so bad inside," she said in a pleading tone. "What can I do?"

I wanted to burst into tears. My beautiful first-born, who should have known only love and acceptance in her short life, had been rejected in the most obvious manner and she wanted me to fix her hurt, to banish that bad feeling from her.

(continued)



Photos, clockwise from top left: Brent Peterson/The Stock Market, Schwartzberg/The Stock Market, Ed Beck/The Stock Market.

By Janet Spencer King

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■ NOBODY LIKES ME continued

And I wasn't sure how—or if—I could.

Guiding a child to acceptance among his peers and helping him cope when it's not forthcoming is no easy task. How well you do it not only plays a big part in your child's here and now—it also helps influence how your child will feel about himself for a lifetime.

At first children look only to their parents for approval or disapproval. "This changes a bit in preschool, but once they enter first grade it really alters—it becomes about half and half, parents and peers," explains Michael Lewis, Ph.D., director of the Institute for the Study of Child Development at the Robert Wood Johnson Medical School, in New Brunswick, New Jersey. "And from then on the need for peer approval increases steadily."

Whose approval is sought can change daily, of course, as kids at this age display little lasting loyalty. A child who is wonderful one day may be rated disgusting the next. This is, as Lewis notes, because "kids don't have the ability to deal with opposing qualities in the same person. That is, they can't see that a nice person can sometimes be not so nice."

Quite naturally, most kids want to

befriend the winners in the class—the smartest, most athletic or most attractive; unfortunately, it's not unusual for these outstanding children to be the meanest of the lot. One third-grade girl, always at the top of her class, asked a boy who had just been elevated to the advanced reading group, "What are you doing here? Everyone knows you're dumb." Such childish cruelty is not a predictor of adult character, points out Lawrence Balter, Ph.D., professor of educational psychology at New York University and author of *Who's in Control?* (Simon & Schuster, 1988). "Achieving kids are in a position they feel is hard to maintain. They put a lot of pressure on themselves, and that sometimes makes them harsher on other kids as well." Such children have already learned a not-so-childish way to enhance your own status: putting another person down.

What this dynamic adds up to is a fair amount of guerrilla warfare on the playground. And to a certain extent parents simply have to sit back and let it happen. Everyone's been there and learned many of life's lessons—albeit painful ones—from such experiences. Even if you could spare your child the pain, it wouldn't necessarily be wise. Your job as a parent is not to teach

your child how to avoid painful experiences, but rather to help him with the pain inherent in growing. Still, parents must be sure their children are properly armed going in, know when to intervene and protect

WHAT'S REALLY GOING ON?

Before you attempt to influence your child's relationships with other children, you must first assess what's really going on. Sometimes parents read signals and think there are problems when there are not. Because your child inherits your genes does not guarantee she will be just like you, even much like you. It happens that a social butterfly sometimes has a child who is a loner, that a scientist produces an artist and a leader produces children who would rather follow. What you perceive as unpopular may simply reflect your child's preference for a quiet social life.

Take a look not only at who your child is but who you wish you were. "The order of business is to recognize the past for what it was," says Dorothy Bowser, an elementary school principal in New York. Bowser recalls she was a lonely child, and she often worries whether her daughter has enough friends. "My daughter plays alone a lot, but it is because she likes it, I have to remind myself because she is lonely, as I was."

Considering children's effusive, dramatic way of putting things, you also need to ascertain if the "nobody likes me" complaints come from a specific situation, unlikely to be repeated, or if they are springing from a chronic problem that must be addressed.

Happily, the former was the case with my daughter. Through a conversation with her teacher I discovered that Megan's last-choice position was not because she is a social failure, because she is simply a dismal whiffle-ball player. But my questioning persuaded the counselors to change the selection process a bit: the counselors will choose the teams, sparing other whiffle-ball players pain.

Social problems aren't usually clear cut. Often a child will say "I'm not invited to all"—she'll probably act out some way or maybe appear unusually bored and listless. Pay attention to the social schedule: Is she being invited to the birthday parties? Does she have at least one good friend?

But before you plunge in, when the social stress seems to be occasional or chronic, consider your long-range goals. The point isn't to pile up birthday invitations for your child. The objective is an increase in your child's confidence and self-esteem, traits that will carry her through the inevitable

tional scrapes of childhood with an strong enough to take her into a sifying life as an adult.

A CHILD'S ACCEPTANCE: YOUR TOOLS AND TACTICS

ny parents avoid the problem of r child's unpopularity simply be- se it is painful for them, too. While e reaction is understandable—we hurt and angry ourselves when our dren are hurt, because this pain as old wounds—such feelings are very productive. Ultimately, of se, your child's popularity is not in e hands—you can't make other dren like your child. But there are ics you can use to ease the way.

Be the surface seriously "It's t's inside that counts" is a plati- e we've all heard, but the truth is

that appearances do matter. Kids are rapier-quick to criticize the odd one out, and it's up to you to see your child doesn't suffer from being in that role. "I would love to have my daughter wear cable knits and loafers," complains the mother of a nine-year-old, "but the dress code these days is high tops and sweatshirts. I don't like them, but I buy them."

Expand your child's world Lessons seem to be an integral part of childhood memories. While you may grimly recall your mom's making you go off to dance classes, reconsider now the benefits you weren't aware of then.

Extracurricular lessons expose your child to other children, broadening the range of acquaintances, so that when Justin at school tells your beloved he's a jerk, your boy can call to

mind the kids who think he's terrific.

Lessons also offer a splendid opportunity for skill mastery that is so much of what self-esteem is about. But be aware that the situation can backfire. I enrolled my daughter in ballet with a serious teacher because I believed ballet training was important to grace and coordination later. Megan didn't complain, but this was clearly not her calling. I was forced to realize that I was merely giving her an experience in feeling incompetent. I switched her to tap, and she loves it and excels at it. Frederick Berenstein, a child psychoanalyst in New York City, points out that this kind of compromise is sometimes in order: "You have to keep an eye on your child's progress. If the talent isn't there, the activity may merely cause *(continued)*



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■ NOBODY LIKES ME

continued

frustration. If after six months it isn't working, try something else."

Take a hand in the friend selection

It's true that a parent today cannot dictate to her child, but you are still far from powerless. As Lewis notes: "the peers do the influencing, but the parents nevertheless have a great deal of influence over who the peers will be." True, there is not a whole lot you can do about the school-yard play set, but you can control much of what happens after school and on weekends. One mother, less than thrilled with a new friend of her daughter's, wanted to cut the relationship off before any of the child's unmannerly ways rubbed off. "I just acted as if she didn't exist when it came to plans. If my daughter mentioned her as a possibility, I simply went 'mmm' and on down the list."

Once you know which kids best influence your own, set up a social schedule that will make such children happy to be with your child. Kids love outings to museums, local points of interest, dinner, hikes—the possibilities are endless. Plan some occasions that will start to build a basis of memories and fun that create real friendship. Sleep-overs are adored by children and can be manageable if the numbers are small (one guest is our limit). Occasional parties—Halloween gatherings or spring picnics, for instance—are a happy change of pace for children who attend only birthday parties.

Teach him some social skills Berenstein explains that while lecturing won't do much good, there are casual ways to introduce your child to appealing and acceptable social behavior. "When a friend is coming over," he advises, "tell your child that people like to talk about themselves and asking a friend questions about himself will help that friend feel more comfortable. Or after the fact, if things didn't go well," he continues, "point out ways that would have made him feel better. Kids won't figure these things out for themselves, so you need to teach them."

Learn to listen However well you manipulate your child's social environment, there are always times when you have to soothe the open wound of rejection. The temptation is to loudly denounce the other kids. That reaction may help you feel better, but it won't do much for your child's emotions. "You can't correct or alter a feeling through intellectual reassurance," Balter explains. "Always allow a child to express his disappointment or dismay. Ask questions to explore his feelings as completely as possible."

Only after you have been through

these steps should you begin to re-sure. The tricky aspect is to keep child from thinking she was wrong in feeling as she did; she needs to know that her feelings are valid and understandable, but that she may find ways to make herself feel better well as actions she might have taken to improve the situation.

Place other children's behavior in context

Help your child understand that a particular behavior may be only one part of a friend's personality. Since my daughter is a self-admitted whiner, I use that to discuss other kids. My child understands that her whining is a now-and-then situation; that not everyone helps her grasp that someone else's meanness can come and go.

Role-playing exercises can help your child see how damaging it is to be a victim, if that is what's happening. It can also point out to your child the importance of standing up for himself so that he doesn't end up the schoolyard victim. In role-playing, you assume whatever position your child has been experiencing. Make it a game, interject some humor into it to keep from becoming too threatening.

Teach them some basic truths One truth is that not everyone is going to like you. It's painful, but kids especially need to be reminded that it is true for all of us.

The second is, as Balter puts it, "profound insight" for kids and adults: It is that not every relationship is attracted to may be good for you. "Get your child to look at what the trade-offs are," he suggests. It's a question that leads to the bottom line of any relationship.

Become a role model The kindness, concern and good humor your child sees you demonstrate toward others have a strong impact on her. Good feelings about herself also come in large measure from how you treat her. Do you listen to her? Are you good to your child the way you hope others are, accepting and complimenting as you hope they do? Children who experience consistently good treatment at home feel good enough about themselves to seek out good treatment elsewhere.

Time for a change Though it does happen often, there are occasions when the external situation is so troubling that the wise parent must take action. In such cases, if the child is very unhappy, if he has become a scapegoat or is in danger from peers, he should be removed from the classroom, the school, even the neighborhood.

We cannot make everyone like our children but we can help them deal with rejection. By giving them the skills and the strength to handle such problems we are helping them today and in the years to come.

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You really are what you eat! In fact, sticking to a healthful, low-fat diet can mean the difference between that down-and-out feeling and stamina to spare. Here,



Tend to be tired in the morning? Cut down on sugar and try one of our breakfast treats

breakfast

raring-to-go recipes chock-full of protein and complex carbohydrates—plus a peek at what America's Olympians eat to win. By Patricia Cobe

Wake-up shake

So you're not a morning person? This protein drink is a surefire eye-opener.

Total prep time: 5 minutes

- 1½ cups plain low-fat yogurt
 - 1½ ripe bananas, peeled and cut up
 - ¼ cup wheat germ
 - 2 tablespoons protein powder (optional)
- In blender puree all ingredients until

well mixed. Makes 1 serving.

Nutrition info per serving: 480 calories, 9 gm fat, 28 gm protein, 78 gm carbohydrates, 241 mg sodium, 20 mg cholesterol.

Stimulating breakfast sundae

Sundaes aren't just for dessert anymore, especially when made with yogurt and fresh fruit.

Total prep time: 10 minutes

- 1 cup plain or vanilla low-fat yogurt
 - ½ to 1 cup dry cereal (whole-grain flakes or nuggets or any unsugared cereal)
 - 1 cup cut-up assorted fresh fruit
 - 1 tablespoon chopped peanuts
- In serving bowl layer yogurt, cereal and fruit. Top with peanuts. Makes 1 serving.
- Nutrition info per serving:** 350 calories, 8 gm fat, 18 gm protein, 55 gm carbohydrates, 339 mg sodium, 14 mg cholesterol.

Fortifying apple-bran muffins

Perfect first thing (pair with a poached egg or cottage cheese) or as a mid-morning pick-up.

Prep time: 10 minutes
Baking time: 25 to 30 minutes

- 2 cups bran flakes cereal
- 1 cup milk
- 1½ cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 eggs, lightly beaten
- ½ cup unsweetened applesauce
- 3 tablespoons salad oil
- 1 teaspoon vanilla extract

(continued)

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Skip the 4 p.m. candy bar and sample a quesadilla instead



Tuscan bean soup booster

Did you know most of America's top CEO's opt for soup and a sandwich to get through hectic days?

Prep time: 20 minutes
Cooking time: 30 minutes

- 1 bunch (1 lb.) Swiss chard or escarole
- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 cans (13¼ or 14½ oz. each) chicken broth
- 1 can (14 oz.) tomatoes, chopped
- 2 carrots, sliced
- ½ teaspoon rosemary
- ¼ teaspoon freshly ground pepper
- 1 can (16 oz.) cannellini beans, drained
- ¼ cup uncooked elbow macaroni
- ¼ cup chopped parsley
- Grated Parmesan cheese

Slice chard or escarole stalks ¼ inch thick. Slice leafy tops 1 inch thick. Set aside.

In Dutch oven heat oil over medium heat. Add onions and sauté 5 minutes. Add garlic and cook 30 seconds more. Add chard stalks, chicken broth, tomatoes, carrots, rosemary and pepper. Bring to a boil; reduce heat and simmer 10 minutes. Stir in beans, macaroni, parsley and chard tops. Return to a boil; reduce heat and simmer 10 minutes more. Serve with Parmesan. Makes 6 servings.

Nutrition info per serving: 170 calories, 5 gm fat, 8 gm protein, 27 gm carbohydrates, 1,224 mg sodium, 0 mg cholesterol.

lunch



A super soup and sensational sandwich brimming with veggies, tuna, beans and pasta

(continued) ½ cup toasted chopped almonds
Preheat oven to 400°F. Grease 12 muffin-pan cups. In bowl combine bran flakes and milk. Let stand 5 minutes.

In bowl combine flour, sugar, baking powder, cinnamon and salt; set aside. To bran flakes add eggs, applesauce, oil and vanilla; beat well. Stir in dry ingredients and almonds just until moistened. Fill muffin cups three-quarters full. Bake 25 to 30 minutes, until lightly browned and tops spring back when touched. Remove from pan; cool on wire rack. Makes 1 dozen.

Nutrition info per serving: 180 calories, 8 gm fat, 5 gm protein, 23 gm carbohydrates, 199 mg sodium, 49 mg cholesterol.

Peppy tuna-veggie pitas

Charge up at noon for day-long verve with this high-protein power sandwich.

Total prep time: 15 minutes

- 1 can (6½ or 7 oz.) tuna, packed in water, drained and flaked
- ½ cup finely shredded red cabbage
- ¼ cup chopped green onions
- ¼ cup shredded carrot
- 2 tablespoons toasted sesame seed
- 1 tablespoon orange juice
- 1 tablespoon salad oil
- 1 tablespoon soy sauce
- 2 pita breads, split
- Fresh spinach leaves

In bowl combine tuna, cabbage, green onions, carrot and sesame seed. Combine orange juice, oil and soy sauce; pour over tuna mixture and blend well. Fill pita halves equally with tuna mixture and some spinach leaves. Makes 2 sandwiches.

Nutrition info per serving: 415 calories, 12 gm fat, 32 gm protein, 43 gm carbohydrates, 1,178 mg sodium, 35 mg cholesterol.

Quesadilla perk-ups

A spicy sweet-potato snack that's loaded with carbohydrates.

Prep time: 20 minutes
Cooking time: About 5 minutes

- 2 medium sweet potatoes or yams (1 lb.), peeled and shredded
- 1 cup shredded Monterey jack cheese
- 1 can (4 oz.) chopped green chilies, drained
- 3 tablespoons finely chopped green onions
- ½ teaspoon cumin
- Red pepper sauce (optional)
- 8 flour tortillas
- About 1½ cups prepared mild or spicy salsa

(continued)

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THANKFULLY SIMPLE TURKEY

1 tablespoon flour
Turkey size (19" x 23½") Reynolds®
Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
1 20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

Preheat oven to 350° F. Shake flour in
Reynolds Oven Cooking Bag; place in
roasting pan at least 2 inches deep.
Place onion and celery in bag. Remove
neck and giblets. Lightly stuff, if
desired. Brush with oil. Place turkey
in bag. Close bag with nylon tie; make
1/2-inch slits in top. Insert meat
thermometer through slit in bag into
thigh. Bake to 180°F or 2 3/4 to 3 1/4
hours. Add 1/2 hour for stuffed turkey.
Serves: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

1 tablespoon flour
Turkey size (19" x 23½") Reynolds®
Oven Cooking Bag
1 16 pound fully-cooked ham, bone-in
with whole cloves

Preheat oven to 325° F. Shake flour in
Reynolds Oven Cooking Bag; place in
roasting pan at least 2 inches deep.
Remove skin; trim fat from ham, leaving
a thin layer. Lightly score surface
of ham; stud with cloves. Place ham
in bag. Close bag with nylon tie; make
1/2-inch slits in top. Insert meat
thermometer through slit in bag. Bake
to 160°F or 2 1/2 to 3 1/4 hours.
Serves: 16 to 22 servings.

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WHAT THE ATHLETES EAT

FLORENCE GRIFFITH JOYNER, sprinter, silver medalist in 1984 Olympics, 1988 Olympic team member Although unorthodox in her choice of running attire, twenty-eight-year-old Florence eats an exemplary diet—lots of poultry, fish, grains and leafy green vegetables. During training she stays away from hard-to-digest red meat as well as sweets, but after she qualified for the Olympic team, she treated herself to a chocolate ice-cream bar—her first one in eight months!

GREG LOUGANIS, diver, won two golds in the 1984 Olympics; 1988 team member At twenty-eight, Greg is older than his competitors and must work harder at keeping his weight down. During training he depends on low-cal foods that convert to energy quickly—fruit, oatmeal, raw veggies, pasta. What does he eat the night before a meet? Chinese food—a tradition for twelve years!

PHOEBE MILLS, gymnast, 1988 Olympic team Phoebe's favorites include bagels, frozen yogurt, salads, baked potatoes and fresh pineapple. And she sprinkles wheat germ on *everything*. Since this fifteen-year-old needs tremendous strength, she eats meat daily.

JANET EVANS, swimmer, 1988 Olympic team The day before a meet, sixteen-year-old Janet loads up on carbs—she adds pasta and veggies to her usual dinner of beef and potatoes. And it's become a ritual for her to have a waffle and a glass of milk prior to the preliminaries.



Fish, shrimp and scallops tossed with tomatoes, garlic and olives give this pasta dish extra zest

dinner

(continued) In large saucepan bring 2 inches water to a boil over high heat. Place shredded potatoes in a steamer basket; steam potatoes over boiling water 12 to 15 minutes, until tender. Remove from heat. Transfer potatoes to a medium bowl. Add cheese, chilies, green onions, cumin and red pepper sauce to taste; toss well. Spoon mixture evenly onto half of each tortilla, leaving a 1-inch border. Fold tortillas in half to enclose filling, pressing edges lightly to seal. (Brush with a little water if necessary.)

Spray a large skillet with vegetable cooking spray or brush lightly with oil. Cook tortillas over medium heat 2 minutes per side or until browned and cheese is melted. Cut into wedges;

and serve with salsa. Makes 4 servings.

Nutrition info per serving: 420 calories, 13 gm fat, 14 gm protein, 63 gm carbohydrates, 1,207 mg sodium, 25 mg cholesterol.

Spirited seafood linguine

How to count on next-day vigor?
Fill up on energy-rich complex carbohydrates in the evening.

Prep time: 15 minutes
Cooking time: 35 minutes

1 can (28 oz.) crushed tomatoes
½ cup dry white wine or clam juice
½ cup chopped parsley
2 tablespoons olive oil

3 garlic cloves, crushed
1 teaspoon salt
½ teaspoon basil
¼ teaspoon freshly ground pepper
½ pound halibut or scrod, cut into chunks
6 ounces shrimp, peeled and deveined
6 ounces scallops, halved
½ cup halved pitted ripe olives
12 ounces linguine, cooked
½ cup grated Parmesan cheese

In large saucepan combine tomatoes, wine or clam juice, parsley, oil, garlic, salt, basil and pepper. Bring to a boil over medium heat. Reduce heat to low; simmer uncovered 20 minutes, stirring occasionally. Add fish; cook 5 minutes. Add shrimp and scallops; cook 2 to 3 minutes more, until shrimp turn pink and scallops are opaque. Stir in olives.

To serve, in large bowl toss linguine with 1½ cups sauce and 2 tablespoons Parmesan. Pour remaining sauce on top and sprinkle with remaining cheese. Makes 6 servings.

Nutrition info per serving: 420 calories, 13 gm fat, 27 gm protein, 49 gm carbohydrates, 855 mg sodium, 101 mg cholesterol.

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Great Italian cooking is minutes away with *Del Monte*® Italian Style Stewed Tomatoes. A combination of tender tomatoes, vegetables and Italian seasonings. Try the 30-minute recipe below. Now that's presto.

CHICKEN PARMESAN

- 4 half chicken breasts, skinned and boned
- 2 cans (14½ oz. each) *Del Monte*® Italian Style Stewed Tomatoes
- 2 Tbsp. cornstarch
- ½ tsp. oregano or basil, crushed
- ¼ tsp. hot pepper sauce (optional)
- ¼ cup grated Parmesan Cheese

Place chicken in baking dish. Bake covered 15 min. in pre-heated 425° F oven; drain. Combine tomatoes, cornstarch, oregano and pepper sauce; cook, stirring constantly until sauce is thickened. Pour heated sauce over chicken; top with cheese. Bake 5 min., uncovered. Garnish with parsley. 4 servings.

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caught in the act

Got a kitty that's been breaking training in the litter box department? Take a tip from a candid-camera study. Katherine Houpt, V.M.D., Ph.D., of the animal behavior clinic at the New York State College of Veterinary Medicine, Cornell University, Ithaca, New York, used video cameras to spy on some of her clients' problem felines.

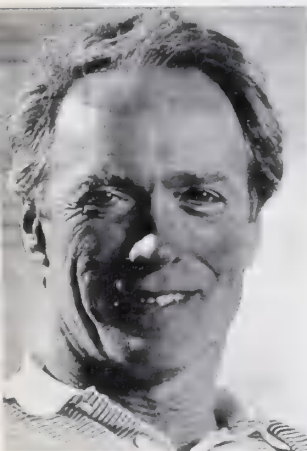
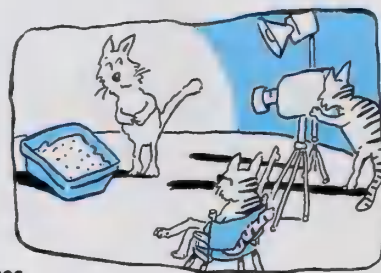
She planted one camera by the litter box and another in the area the cat was using instead.

What about those cats who exhibit the infuriating behavior of using the rug or plants instead of the box? It seems that these cats always checked out the litter box, as if they were making an honest attempt to use it, before going off to the forbidden area. The reason for rejection? Usually the litter box was not clean.

Houpt also wanted to find out why certain cats were using the box but just missed. The hidden camera found that these cats perched on the edge of the box rather than sitting inside. The cure? Provide a box with wider sides, says Houpt. You might also want to spread newspapers around the litter box.

Houpt's tips for solving a litter box problem:

- Always have your veterinarian check for illness if your pet suddenly stops using the litter box.
- Clean your litter box! A dirty box is the most common cause of litter-box avoidance.
- If you have more than one cat, have more than one box.
- If your cat is getting on in years, keep the litter box near her usual resting spot—don't make it harder for her than it already is.



Tough guy Clint Eastwood is a softie when it comes to pets. The actor loves animals and serves on the advisory board of the Purina Pets for People program, which helps senior citizens adopt cats and dogs from shelters.

THE HUMAN-ANIMAL BOND

THE NATIONAL INSTITUTES OF HEALTH RECENTLY RELEASED A REPORT THAT CONFIRMS THE BENEFITS OF PET OWNERSHIP. HERE ARE SOME INTERESTING FACTS ABOUT OUR NATIONAL LOVE AFFAIR WITH PETS.

■ Pet ownership is at an all-time high, according to the Pet Industry Advisory Council, a Washington, D.C., lobbying organization. At least 61 percent of American households—about 52.5 million—own at least one pet.

■ Ninety-nine percent of cat and dog owners say they talk to their pets, according to the Center for the Interaction of Animals and Society, of the University of Pennsylvania. (We think the other 1 percent are lying.)

■ Your attitude toward animals is developed before the age of six, suggests a new study from Kansas State University. Adults with the most favorable attitudes were found to have had strong bonds with childhood pets. A related study found that children with strong bonds to pets rate higher on emotional development, social competence and empathy.

how old is your dog?

A dog's age in human years is far from being an exact ratio of seven to one, as the old wisdom holds. Dogs go through remarkable growth spurts in their early years and then level off. (Large breeds have a shorter life span than smaller breeds. Cats age at about the same rate as dogs.)

AGE OF DOG	HUMAN EQUIVALENT
3 mos.	5 yrs.
6 mos.	10 yrs.
12 mos.	15 yrs.
2 yrs.	24 yrs.
4 yrs.	32 yrs.
6 yrs.	40 yrs.
8 yrs.	48 yrs.
10 yrs.	56 yrs.
14 yrs.	72 yrs.
18 yrs.	91 yrs.
21 yrs.	106 yrs.

Reprinted from BELLWETHER, the newsmagazine of the School of Veterinary Medicine, University of Pennsylvania.

Introducing Iams Less Active. Because half the dogs in America can't pass this simple exercise.



busy lifestyle led by today's families has resulted in many less active. With families spending more time away from home, pets are often left alone. And that's how a dog becomes "less active." If it sounds like your dog, it's time you tried new Iams Less Active. A high-protein diet specially designed for the needs of a less active dog. It gives the dog essential protein, carbohydrates and quality fat for digestion, muscle development and healthy skin and coat without unnecessary calories.

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Is Your Dog Overweight?

Give your dog a big hug. Gently pressing his chest, you should be able to feel his ribs. If you can't, your dog may be among the 60% in America that are overweight—and a prime candidate for Iams Less Active.

Is Your Dog Neutered Or Spayed?

Such dogs may gain weight because of hormonal changes that can affect metabolism and energy level.

Iams Less Active can help a dog avoid weight gain by balancing nutrients so every calorie counts.



Is Your Dog Eating The Right Food?

Less active dogs have special nutritional needs. Like any dog, they need protein and fat. But they need a different balance which many "diet" foods don't provide. Most substitute fiber for fat. Fiber is filling but nutritionally empty and can increase stool.



What your dog may look like.

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What your dog should look like.

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Reflections on Rita

*"She knows an 11-let
word for 'senator'.*

*Reads the last page
a good book first.*

*And her legs? Don't
me started...."*

Silk Reflection

It's the way you wear your Hanes

■ What do you wear when you're shaped like a pear? How much should you invest in a handbag? Here are answers to your most-asked style questions



Dear fashion editor

Q I'm tiny (only five foot one), and I can never find clothing that fits right and is fashionable. The clothing in the junior department isn't sophisticated enough, and the smallest size in the designer section is huge. Help!

A Check out the newest petite sections at top department stores across the country. You'll find them filled with designer petites and chic petite sportswear. Style-conscious small women can choose great looks from Anne Klein II, Liz Claiborne and Adrienne Vittadini. Stay away from anything cute or junior, and go for a streamlined, sophisticated image instead. Avoid ruffles, bows, pastels and prints; substitute clean, modern shapes in polished neutrals such as navy, gray, red and beige. Forget the old rules about what petites can't wear (wide cinch belts, long jackets)—you can wear anything if the proportions are right! When shopping, be sure to pay attention to whole-body fit, not just length. If you've been making do with regular sizes that are really too big, the new petite looks may take you by surprise. You'll find that petite sleeves are shorter and fit is narrower at neck, shoulders, bust and waist. Try on sizes smaller and larger than your usual size and determine your size in petites by

the way an item fits, not what size it is. The new fashion trends that look terrific on petites? High-waisted skirts and pants, equestrian looks (jodhpurs and riding jackets) and shapely suits with long-over-short proportions.

Q I'm invited to lots of dressy events, ranging from fancy cocktail parties to business dinners. I want to buy one classic outfit—what's proper for any evening?

A Count on a simple silhouette in a basic shape that's elegant for any evening event and a snap to dress up or down with accessories, depending on where you're going. A body-skimming chemise with simple tank, scoop or V neckline in silk jersey, rayon crepe or a synthetic blend is a good bet, especially in black. If you want or need more coverage, top it off with a matched or contrasting bolero or cropped jacket. A wool jersey tunic in a super color over a slim black skirt is a bit more casual—great for an office party or a dinner party with friends. A tailored suit in a dressy fabric like wool crepe with a slim knee-length skirt and longer shaped jacket in winter white or bold red is another newsy option. *(continued)*



Q I'm always so tempted by the beautiful lingerie in catalogs and stores, but whenever I've bought fancy bras and tap pants in the past, they've always fallen apart or looked ragged after a few washings. Any tips?

A Proper care makes all the difference—you may not have washed delicate items correctly. Be aware that anything containing spandex, such as bras, bodysuits and bustiers, loses snugness when washed with chlorine bleach, and delicates dried in a hot dryer can fade. Wash any spandex items in warm water and either line-dry or machine-dry on low. Wash 100 percent cotton items in warm water (check for color fastness), and never mix whites and darks. For pieces with lace trim, use the gentle cycle or hand-wash. When sudsing nylon, use cool water and line-dry—heat sets wrinkles in nylon. Hand-wash silks with a mild detergent added to lukewarm water before tossing in garments. Squeeze suds through and soak five to ten minutes. Squeeze soap through again, and rinse at least three times. Roll in a towel and gently press, then lay flat or line-dry. Store lingerie in lined drawers or individual plastic bags so items don't catch on anything. A sweet idea: Toss empty, uncapped perfume bottles in your lingerie drawer so undergarments acquire a subtle scent.

Q I know shoulder pads are the best solution for balancing my heavy hips and giving clothes authority and style, but mine never seem to look right. What am I doing wrong?

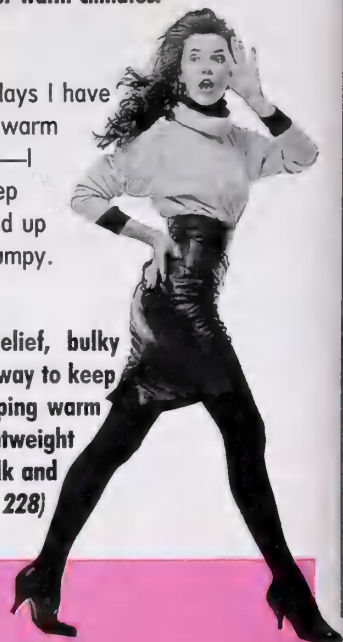
A Ask yourself these questions: Are you wearing the right size, shape and color of shoulder pads? Are you layering too many pads at one time? Big, football-player pads are out. Small pads are in—they extend and emphasize the shoulder line naturally. Replace all oversize, outdated versions with the new small models. Try not to wear more than one layer of shoulder pads at a time, especially under heavy fabrics—you'll look too bulky. Shoulder pads are often ruined or lost at the dry cleaner, so when possible remove pads before cleaning. (If pads are sewn into clothes, you may want to snip them out and attach Velcro strips to pad and shirt instead, or use self-stick tape.) Choose small, lightweight pads to wear under sheer fabrics. Be aware that some white pads are visible through delicate silks and paler colors. Store shoulder-padded items on padded hangers. Always have extra pads on hand in case any are lost or to update old sweaters. Be sure pads are positioned correctly—they should be evenly distributed so they sit directly on the shoulder blade. And remember that the narrower part of the pad must point toward your neck.

Q I don't work in an office, but every so often I need to look polished and professional. I hate wearing suits, and I never feel put together in an unmatched skirt and jacket. Are there any alternatives?

A A coatdress is your answer for looking pulled together. It has built-in authority and is highly fashionable—but comfortable and easy to wear. In fact, the stores are loaded with them right now! Choose a coatdress in a rich neutral like navy or hunter green, or try a small check or pinstripe pattern. Match hose to dress to create a sleek line. Opt for understated accessories such as high-quality mid-heel pumps, important earrings and a good leather bag. Our favorite version? A beltless, notch-collared, double-breasted tuxedo style—flattering for everyone. Go for gabardine or a wool blend. Linen blends are best for warm climates.

Q On really cold days I have trouble staying warm and fashionable—I load on layers to keep from freezing and end up looking bulky and frumpy. What can I do?

A Contrary to popular belief, bulky layers aren't the best way to keep warm. The key to keeping warm is dressing in lots of thin lightweight layers of natural fabrics like silk and wool. (continued on page 228)





NEW!

Introducing the ultimate indulgence.

The Ultimate Brownies, new from Pillsbury. They're  chock-full of the scrumptious things you love brownies for. Chunks and chunks of chocolate or nuts.

A delicious glaze for the top. And they come in

*Chunky Triple Fudge,
Caramel Fudge Chunk,
and Rocky Road.
Try all three.*



three great flavors.
So indulge yourself!
Lovin' from the oven.



Pillsbury

If This Were A Car You'd Be Able To Drive It, Fly It And Land It On Water.



The Oster Kitchen Center Appliance. It Does It All.

It's one appliance with five versatile functions. All driven by the same power base.

There's a stand mixer powerful enough to mix even the heaviest cookie batter. A compact food processor that minces small amounts of food in seconds. A doughmaker that kneads up to three 1-pound loaves of bread at a time. A slicer/shredder with continuous feed and chute. And a 5-cup Osterizer blender as well.

But what's also amazing about this little performance machine is its low sticker price. That alone may convince you to pick one up and park it on your countertop.

Oster
Division of Sunbeam Corporation

FROM DISASTER

Ladies'
Home
Journal
November
1988



TO A

DREAM HOUSE

The true story of a family who lost everything when a fire ravaged their home, but then turned calamity into opportunity. Share their ordeal, and learn how you can protect your loved ones



FROM DISASTER TO A DREAM HOUSE

"It was like an evil angel just came and zapped us."

By Katherine Barrett
and Richard Greene



The blaze began here, in the kitchen. Since the room required total reconstruction, the Thomases—with the help of designer Nancy Thomas and Rutt Custom Kitchens—opted for an airy, sun-splashed country look. They moved a wall to expand the space and installed a slew of windows and skylights. Extra special touches? A handy cook-top island, two sinks, storage galore and a comfy family area for relaxing.

Bev Thomas felt guilty. It was 11:15 P.M. on a school night—much too late to be bringing their daughter's friend home. But Jenny and the Thomas family had been having so much fun at the U.S. Open tennis matches that the time had gotten away from them. As her husband, Bob, the publisher of *Ladies' Home Journal*, turned into their neighbor's driveway in the upper-middle-class town of New Canaan, Connecticut, Bev thought, I hope Jenny's mom isn't upset. But as soon as Bev saw her neighbor, she knew she was.

When Babs reached the car, she said, her voice trembling, "There's been a fire at your house."

Bev's first thought was of her beloved cocker spaniel. "Is Loxie okay?" she asked fearfully. "No," Babs said. "She didn't make it ... I think the fire was pretty bad."

Leaving his stunned wife and fourteen-year-old daughter, Sue, Bob Thomas sped (continued)



Architect, Wyrick and Assoc.; designer, Douglas Vanderhorn; General Contractor, First General Services of Fairfield County, Inc.; Armstrong Designer, Thomas Hills Cook; kitchen designer, Nancy Thomas of Space Graphics 5000; cabinetry, Rutt Custom Kitchens; all upholstery, table, Welsh sideboard, butler's tray table, Essex end tables, Thomasville; countertops, Avonite; major appliances, GE; sofa fabric, Lee Jofa; shades, Duette by Hunter Douglas; lighting, Nulco; cordless appliances, Black & Decker; Spacemaker TV, GE. Art, accessories and other details, page 235.

By Marilyn Diane Glass, Decorating and Design Editor



FROM DISASTER TO A DREAM HOUSE

(continued) the mile and a half to his house. "Big deal," he told himself, trying to ignore the fear he felt. "So we had a fire. We'll just deal with the problem."

At the base of the family's driveway, a crowd of neighbors had gathered, and fire department floodlights gave the road an eerie, carnival-like quality. As Bob pulled up to the thirty-year-old, split-level house, he saw that the fire was out and that the frame of the house was still intact. But the smell of smoke was overpowering, and when a fireman let him in, Bob's breath was knocked out of him.

The family-room furniture was almost unrecognizable under a thick coat of soot. The floor was a jumble of wet magazines, taupe walls had become charcoal black, and the back wall of the bar had fallen, dumping ruined glasses, mugs and trophies onto the floor.

In the living room, the antique armoire that Bob and Bev had so painstakingly refinished looked like charcoal. The artwork that he and Bev had cherished since their student days; his prized collection of decoy ducks; their antique furniture and Oriental rugs—all were gone. And there was no longer a ceiling, only bare rafters. Finally, Bob's eye was caught by the burnt remains of a canvas duck that Beth, (continued)

The living room, too, was gutted. We started by raising the roof to give the illusion of greater space, adding a round window and skylights. With the assistance of Thomas Cook, design director



for Armstrong, we filled the room with comfortable pieces by Thomasville, and an antique carpet for color and elegance. In contrast, the dining room is serene and spare, with many windows and rich woods.



Upholstery, dining table, hunt-board, coffee table, sofa table, tavern tables, Thomasville Furniture; paint, Benjamin Moore. All fabric, except fabric on wing chairs, Lee Jofa. Art, accessories and other details, page 235.





DISASTER

DREAM HOUSE

(continued) his older daughter, had given him for Christmas. Somehow, that duck bothered him most.

He moved through the dining room, peered into the kitchen and was paralyzed. The floor had collapsed into the basement, and Bev's antique cooking utensils had melted into an unrecognizable mass.

Short of breath, and bathed now in the smoky smell himself, Bob walked back to the driveway, where he found Bev and Sue, who had been unable to stay away.

When Bev looked at her husband she could see he was near tears. Still, as always, he tried to protect her, to stop her from going inside, but she insisted on seeing the damage for herself. About half an hour later, in total shock, Bev and Bob Thomas drove with their daughter to the house of friends who had offered them shelter.

Sue became ill, with a stomachache, headache and chills. Her parents, shocked and bewildered, found it difficult to fall asleep. Why had this happened to them? they asked themselves over and over. The firemen could find no obvious cause for the fire—no appliance left on, no sign of arson. "It was like an evil angel zapped us," says Bev. "It didn't make sense."

A COMMON TRAGEDY

The fire that devastated the home of Bob and Beverly Thomas on September 3, 1987, was one of 536,500 home fires that year, according (continued)



Some things Beverly Thomas loves most about her new kitchen: At right, cabinets with door shelves and lazy Susans, a host of handy gadgets by Black & Decker, and a streamlined fridge



and microwave (from GE's Monogram series). The easy-care vinyl floor, by Armstrong, blends in beautifully. Far right: The kitchen's pyramid-stacked windows let the sun shine in on homegrown herbs.





After months of grueling renovation and grieving for all their cherished mementos, the Thomases fulfill a wealth of wishes

all our
DREAMS
come true



Their bedroom furnishings were ruined by smoke, so the Thomases replaced them with the stately bed and chest from Thomasville's Fisher Park collection. Left, the heirloom chaise was salvaged and recovered. We added a window for a grander view of the pool.

Kitchen: flooring, Armstrong; lighting, Nulco. Bedroom: Spring-Air mattress, Kleinsleep; linens, Martex; bed, dressing chest, highboy, upholstered chair, Thomasville; carpeting, Armstrong; paint, Benjamin Moore. Art, accessories and other details, page 235.



FROM DISASTER TO A DREAM HOUSE



A terrific transformation: The entrance to the house went from a nondescript fifties look to a more formal style with an inviting portico, classic columns and a new stone pathway, leading to a bright red door. Colorful flowers abound!

Landscaping, Environmental Site Designs; paint, Benjamin Moore. Art, accessories and other details, page 235.

(continued) to the National Fire Protection Association. It occurred during the peak fire hours of six to eight P.M., and it was one of the worst fires the New Canaan, Connecticut, Fire Department handled that year.

It also gave *Ladies' Home Journal* a uniquely close view of the misery such a disaster can bring. Although Thomas—the outgoing, cheerful, demanding orchestrator of the magazine's advertising fortunes—is a private man, he agreed to share this story so readers will know what it is like to have a house fire, both in terms of the emotional impact and the painstaking labor that goes into the reconstruction of a home.

Like most people, Bob and Bev Thomas never thought a fire could happen to them. And although Bev felt sad and guilty about her dog, the dominant reaction she and Bob had was rage. "You feel this anger toward God," says Bev, who lost her mother at age five, her father at age seven and her oldest son, Steve, nine years ago. "My reaction was 'We've had enough,'" says Bob. "I remember telling the minister, 'Your buddy's dealt us some rotten blows. How many more does He want us to take?'"

And the fire seemed to revive emotions from the past as well. "Any time you have a tragedy, it brings up the previous tragedy," says Bev. "I know when our oldest son died, all of a sudden I remembered so vividly when my parents died. The fire stirred up those feelings again."

COPING WITH A LOSS

When Bob and Bev visited their home the next day, after calling their son at college and their married daughter, they discovered the damage was worse than they expected. Even though the fire itself had been in a relatively restricted area downstairs, the intense heat had ruined many of their possessions.

Faced with this scene of devastation, they wished they could just run away. But they had to start dealing immediately with insurance adjusters and contractors. At nine that morning—the Friday before Labor Day weekend—Bob called his insurance company. He was told that no one could be out at the house until Tuesday. In Bev's words, Bob "exploded." An adjuster appeared two

hours later.

In the midst of this upheaval, the Thomases also had to find a place to live. Almost immediately, they rented a small condominium and a basic supply of cheap furniture. But although the apartment was clean and attractive, they hated it, and realized they should have rented a house.

They were also forced to deal with public adjusters, who offered to take over the nasty business of negotiating with the insurance company—for 10 percent of the settlement. Some merely left their card. Others were more aggressive, regaling the couple with stories of hard-hearted corporate bureaucrats and shortchanged victims. "They were like hawks," says Bob, who told his wife not to listen to them.

His skepticism was well founded. While public adjusters can help in hard-to-prove or complicated cases, they are often unnecessary. And unethical ones use high-pressure tactics to get customers and may actually antagonize the insurance company.

The Thomases were also confronted with mistakes they had made before the fact: They did not have an inventory of their possessions, and reconstructing the contents of their home (the kitchen alone had nearly two hundred antique pieces) was an almost impossible task. They had not put all their important papers in a safe-deposit box, so they lost vital documents such as the title to their car. And they had bought insurance without taking into account valuable items such as jewelry or silver that might need extra coverage. Finally, they had not even known about replacement insurance, which covers the actual cost of a loss.

Ultimately, the insurance company paid the Thomases what it would cost to rebuild their house as it was. But the family still had losses of more than \$30,000 on the contents of the house, for which the insurance company was not obligated to reimburse them. And because they wanted to improve their house as much as possible after the fire, they spent thousands of dollars more on improvements. "After a fire, everyone is hit financially," Thomas says.

The greatest loss, though, was one that had no price tag—the destruction of irreplaceable family (continued)

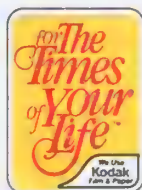




A PROFESSIONAL PORTRAIT ISN'T EXPENSIVE. IT'S PRICELESS.

It's hard to imagine how you could mean more to one another than you do right now. But the great meaning of family becomes ever greater as the years pass. Bring the family together now and for the years ahead in a professional portrait.

Look for a professional photographer who displays the "For the Times of Your Life" symbol.
And arrange for your portrait today.



FROM DISASTER TO A DREAM HOUSE

Above: Essential for every kitchen, a fire extinguisher in an easy-to-reach spot.

Below: A face-lift for the back, too. The deck was enlarged and brightened with white furniture and a state-of-the-art barbecue.

Fire extinguisher, Black & Decker; cooktop, Monogram from GE; patio table, Triconfort, chairs, end table, Allibert; grill, Weber. Art, accessories and other details, page 235.



(continued) mementos. Amazingly, most of the pictures in the family photo albums were intact. But two weeks after the fire, Bev realized that Steve's silver baby cup—one of his possessions that they most treasured—was in the kitchen cabinet that had collapsed into the basement. "I didn't stop crying all evening," she wrote in her journal.

The loss of other mementos was also painful: The porcelain-framed photograph of Bev's mother. The crystal goblets that also connected her with the mother she barely knew. The antiques she had so carefully chosen one by one, over the years. The twenty-year-old autographed picture of Bob posing with golf great Arnold Palmer. The popcorn popper that the couple had bought with green stamps when they were financially strapped newlyweds—a popcorn popper that Bob had still used almost every night.

A TEDIOUS RECOVERY

Meanwhile, the cleanup and renovation continued. Dealing with the insurance company and with contractors was a nightmare. Bob took off from work to meet with four insurance adjusters, and only one showed up. Sometimes the adjusters were called off to work on other people's homes. Each delay was expensive as well as frustrating. "What happens is your furniture is in this house that is now boarded up and full of water and humidity, and the smell is building up," says Bob. "Every minute the stuff stays in that house, you're losing it." The rebuilding of the house had its own inevitable frustrations as well. The builders would show up but be unable to start because of an incomplete blueprint. The building permit was delayed. The contractors needed decisions on tile, flooring, cabinets, and appliances. "This is like the army," Bev wrote in

her journal. "Hurry up and wait."

The couple worked side by side for weeks in the darkened house, cleaning away the debris and keeping whatever could be saved. To his wife, Bob seemed like a human dynamo, carrying heavy pieces of furniture into the garage, his work obviously fueled by anger. She fretted at what the tension might be doing to his health. Their task was not made any easier by the dark, depressing surroundings. The acrid smell of food, rotting in unreachable refrigerators that had collapsed into the basement, mingled with the lingering odor of smoke. And the house still had no electricity, no light coming through the soot-blackened windows, and no plumbing.

But the Thomases were cheered by their steady progress, and by one significant victory. Several weeks after the cleanup operation started, Bob rigged up a kind of scaffolding with an extension ladder that allowed him to descend to the basement. Sifting through debris there, he miraculously found (continued on page 244)

learning from an ordeal by fire

Bob Thomas shares his hard-earned advice on how to protect your family before—and after—a house fire.

■ **Know your insurance policy and update it regularly to take into account renovations and expensive purchases.**

■ **Consider replacement-cost insurance on contents. Under a standard policy, the consumer is paid according to the depreciated value of an item. Under replacement insurance, which costs about 10 percent more than standard, the consumer is guaranteed enough money to replace the lost item.**

■ **Make an inventory of your possessions with photographs and even a videotape.**

■ **Put your valuable papers in a safe-deposit box or, at the least, in a fireproof box in your house.**

■ **When cleaning and rebuilding, choose a company that has experience in dealing with fire damage. You need specialists to do a fire cleanup properly.**

■ **Make your home as fire-safe as possible. Have working smoke detectors or an alarm system, and make sure your family knows what to do if they're caught in a fire. For more information, ask your local fire department.**

■ **For the leaflets "Taking Inventory," "Be Fire Smart," "Tenants' Insurance Basics" and "How to File an Insurance Claim," call the Insurance Information Institute at 800-221-4954.**



THE NAME IN LITES



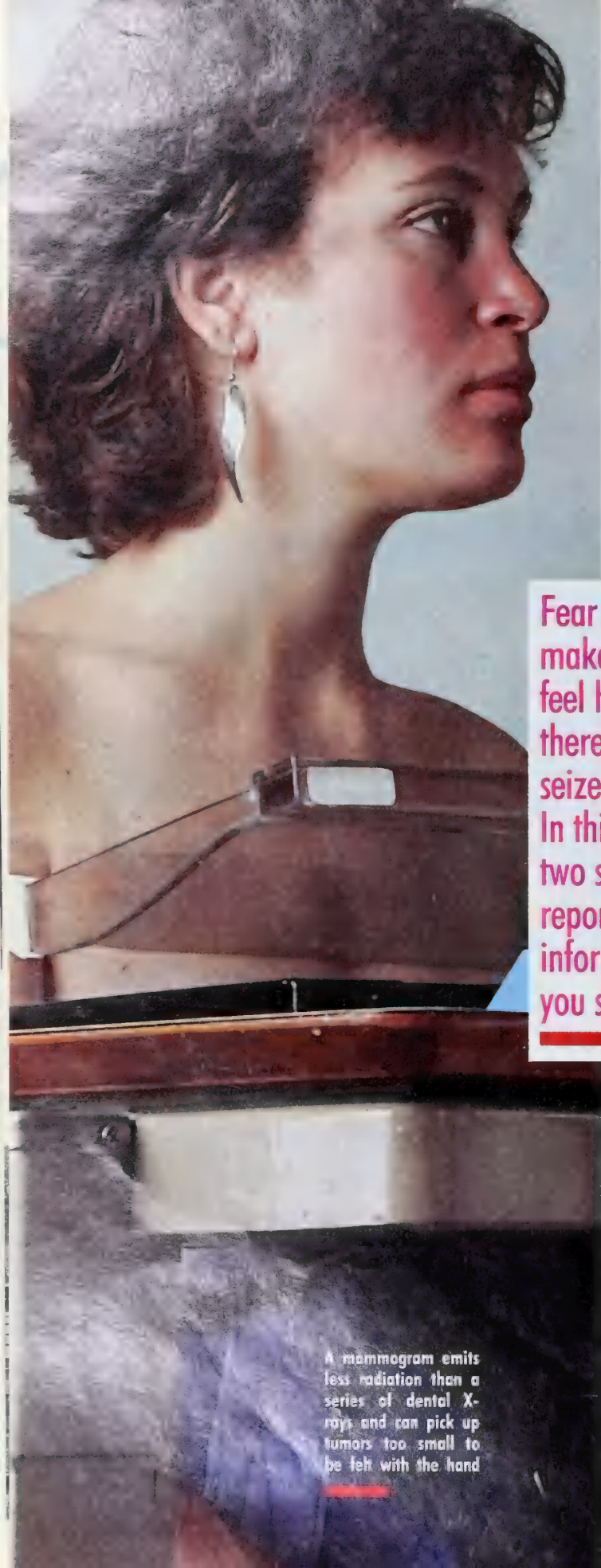
Lite Fruit should not be
chosen lightly.

Some brands add artificial
flavors. Not Del Monte® Lite.
and it wins taste test after
taste test.

Del Monte Lite. The
one more people choose.

**WE GROW
GREAT TASTE**





BREAST CANCER

HOW TO DEFEND YOURSELF

Fear of breast cancer makes women feel helpless, but there *are* ways to seize control. In this second of two special LHJ reports, lifesaving information you should have

Breast cancer. 1 words fright women more t these two. Act Jill Ireland, who a mastectomy four years ago, nounced last August that she'd a recurrence of cancer. "I was a lutely terrified," she said, "thro back into old feelings of fear."

But Ireland fought back. began an aggressive regimen radiation treatment, as well

therapy with the drug tamoxifen. As meditation ta played, she spent hours visualizing her white bl cells as hungry piranha fish destroying her can "Doing these things helped me stop feeling like a tim," she explained.

Other women, too, are refusing to be victimized breast cancer. They're doing what they can to red their risk of developing the disease, and, if they do it, they are fighting hard to survive.

Although no one can predict with certainty who develop breast cancer, there are a number of fac that influence a woman's risk. By knowing which c apply to you, you'll be better prepared for whate the future holds. Major

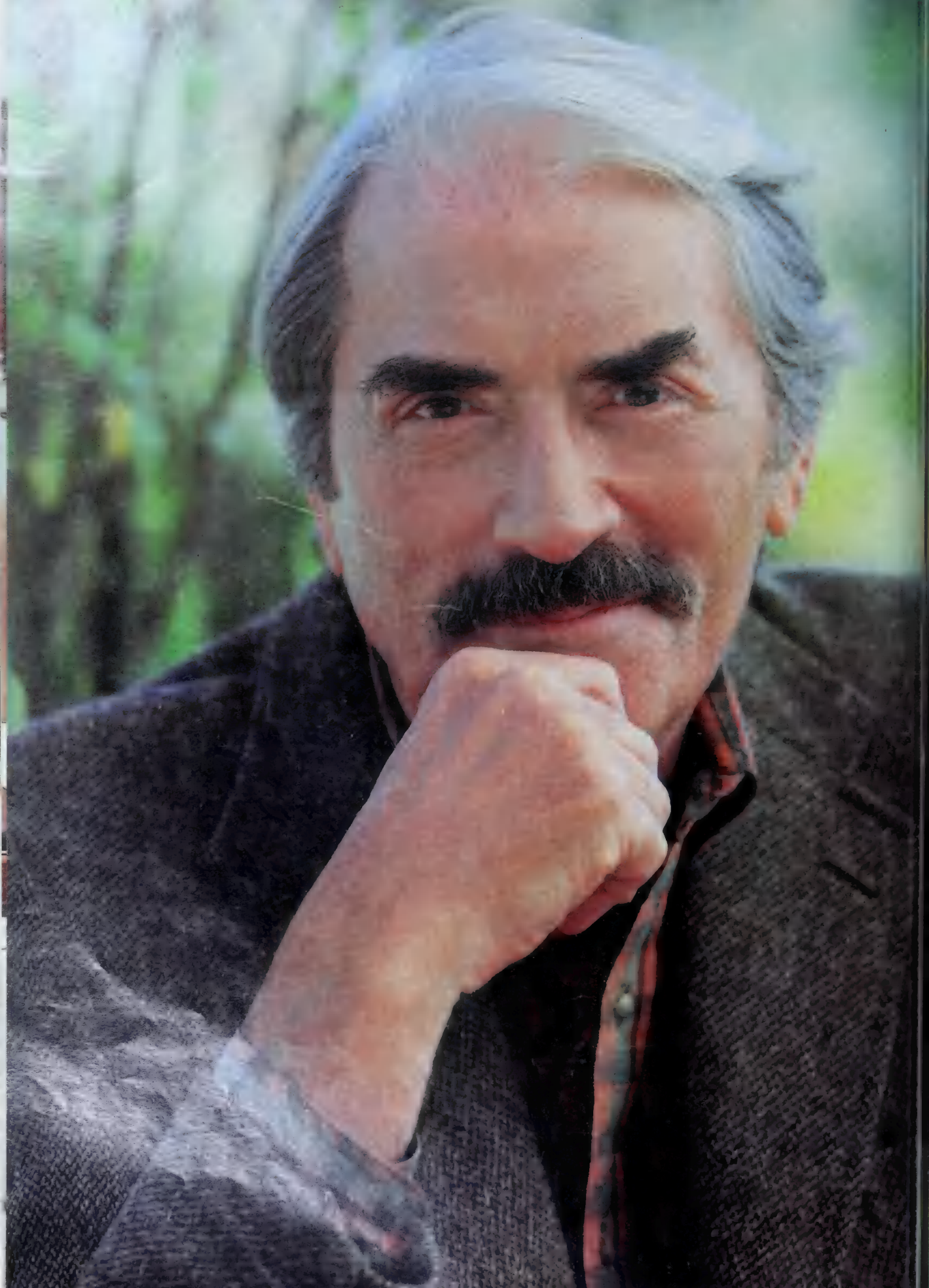
(continued on page 2)

A mammogram emits less radiation than a series of dental X-rays and can pick up tumors too small to be felt with the hand

BY SALLY SQUIRE

A woman with voluminous, wavy, light brown hair is shown from the waist up, facing slightly to the left. She is unclothed, with a white towel wrapped around her waist. Her right arm is raised, with her hand behind her head. Her left hand is placed on her right breast, with her fingers spread, performing a breast self-examination. The background is a solid, deep blue. The lighting is soft, highlighting the texture of her hair and skin.

Have you examined
your breasts this
month? Experts sug-
gest that the best
time for you to do a
self-exam is a week
after your period ends



GREGORY PECK

THE LAST OF THE LEGENDS

For fifty years, he's been a Hollywood hero. Now he's starring in a new movie with Jane Fonda



The sun-drenched Southern California living room overlooks a landscape of sloping lawns and prized trees. The walls are lined with nineteenth-century bookcases crammed with volumes on every conceivable subject.

The homey, cozy feeling is accentuated by the soft, pastel-colored sofas and chairs and the side tables that are filled with fascinating photographs, including one of Abraham Lincoln. It is a perfect setting for the unforgettable gentleman who walks in, holds out his hand and says warmly: "Hello, I'm Gregory Peck."

Although he is seventy-two and his hair is snow-white, Gregory Peck seems ageless. The cheekbones and jawline are as distinctive as they were fifty years ago. The eyes, beneath brows that are still black and thick, are just as vital and intense. Even his six-foot-three-inch frame has made few concessions to the passing decades. He is still very much a star.

The winner of an Academy Award for best actor in the 1962 film *To Kill a Mockingbird*, Peck has been nominated five times (continued on page 232)

By
Jenny
Cullen

MARINA OSWALD

AS THE TWENTY-FIFTH ANNIVERSARY OF JOHN F. Kennedy's assassination approached, *Ladies' Home Journal* Editor-in-Chief Myrna Blyth and Senior Editor Jane Farrell went to Dallas to speak with the widow of Lee Harvey Oswald, the president's accused killer. Here, Marina Oswald talks about the day that changed our nation's history, and she tells what she now believes to be the truth about the assassination

I have lived with the guilt for so long," Marina Oswald Porter says intently. "For years I wondered if I could have done something to avoid what happened in 1963. In my dreams, I was always begging Jackie Kennedy's forgiveness. I accepted my role as the wife of the assassin; I thought there was nothing I could do except make the best of it."

But in recent years, the role of assassin's wife is one that Marina Oswald Porter has, finally, come to reject. After closely examining her memory and piecing together bits of information learned over time, she has reached three startling conclusions: that there was a conspiracy to kill John F. Kennedy; that Oswald was not—as the Warren (continued)

By
Myrna Blyth
and
Jane Farrell

TWENTY-FIVE



YEARS LATER

MARINA OSWALD

(continued) Commission said—the lone gunman who killed the president with a rifle fired from the Texas School Book Depository; and that the killing of Oswald by Jack Ruby was part of a cover-up.

"I believe there was a conspiracy, that more than one person was involved," Marina says firmly. "I do not necessarily believe that the bullet that came from the depository shot President Kennedy. I don't know if Lee shot him. I'm not saying that Lee is innocent, that he didn't know about the conspiracy or was not part of it, but I am saying that he's not necessarily guilty of murder.

"It was a very complicated plot, brilliantly executed. Could any intelligent person believe that that kind of thing was organized by one man?"

"When Lee was arrested, I remember he said, 'I'm a patsy,'" she continues, drawing on one of the innumerable cigarettes she smokes throughout the day as she sits in her cool, dark living room in suburban Dallas. "I strongly believe that with all the evidence that has come to light, he probably was telling the truth. I know I once testified that I looked in his eyes and I saw he was guilty. It seems very different now. I think back, and I realize that the look in his eyes was scared.

"I think he was caught between two powers—the government and organized crime. Someone may have wanted Kennedy killed, but who was supposed to do what, I do not know."

Marina has never before publicly voiced her new beliefs, and she is frightened about being so outspoken. "What if they're going to shoot me tomorrow? But I have to take a chance." She points to her heart. "I am telling you what I really believe inside.

"I don't think that all this was about John F. Kennedy. It was more about Robert, who was going after organized crime, and who would not be attorney general anymore if his brother was killed. Or maybe John Kennedy's father told some people, 'You elect my son, and I'll do you a favor.' And then the president puts his brother in office, and they start cleaning house. And that was against somebody's wish.

"And at first I thought that Jack Ruby was swayed by passion; all America was grieving. But later we found that he had connections with the underworld. Now I think Lee was killed to keep his mouth shut."

Leaning back in a chair, Marina, drinking endless cups of black coffee, talks softly about the day twenty-five years ago when the police came to her door and told her that her husband had been arrested for the crime of the century. Her voice is still strongly tinged



The lone assassin? Lee Harvey Oswald, with the rifle that investigators said was used to kill John F. Kennedy. Grief and fear: Marina—shown at Oswald's funeral—was afraid she and her children would be shot, too

house in Dallas near where he worked, and she in a suburban home. Suddenly, Marina recalls her landlady told her that the president had been shot. "I was crying and praying that God would spare his life," she remembers, "because he is a father." She also remembers

worrying, when she heard that the shooting had occurred outside the building where Oswald worked, that her husband, who had made threats against politicians in the past, was somehow involved.

"As soon as I saw the police, I knew why they had come," she recalls. "The thought crossed my mind, I hope it's not Lee." But her worst fears had come true.

Marina, who was raised under the Stalinist regime, believed that she as well as Oswald would be put in jail. On the night of the assassination, she recalls, "I dreamed he was executed in the electric chair. It was terrifying."

In fact, she was so frightened by the prospect of Oswald being tried and executed that, she reluctantly acknowledges now, she was relieved when Ruby, a nightclub owner, shot Oswald two days after the assassination. "I'm ashamed to admit it, but I knew it would be better that way, that it was over with."

At that time Marina feared, too, for her own life, as well as that of her two daughters. "When I had to go to Parkland Hospital to identify Lee's body and was walking up the steps, every step was like a mile," she says. "I nearly fainted, I was so afraid. I thought we would be shot, too."

Within months of the assassination, Marina was called to testify before the Warren Commission, a governmental panel appointed to investigate the killing. The defendant's widow became the prosecution's star witness, as she testified that Oswald had (continued)

TWENTY-FIVE YEARS LATER



Shown actual size of 8-1/2" in height.

Mimi A Bride of France

An enchanting porcelain collector doll dressed in a beautiful, hand-tailored wedding gown.

Blue eyes sparkling, cheeks aglow, she's simply radiant — as only a bride can be!

Introducing MIMI, A BRIDE OF FRANCE...a charming porcelain collector doll portraying the personality and traditions of her homeland, on this most special day of all.

Finely crafted, authentically attired.

MIMI's delicate features — her sweet rosebud lips, pretty upturned nose and gently rounded face — are sculptured of fine imported bisque porcelain and painted by hand to capture her wonderful "joie de vivre"...her "love of life."

Her bridal costume, hand-tailored of soft, homespun fabrics, features authentic details in the French tradition: a beautiful lace apron worn over a full pink skirt, a pastel ribbon bodice gathered with an embroidered band, and an elaborate veil with long lace lappets.

Yours for a remarkably low price.

A vision of loveliness from head to toe, MIMI OF FRANCE is available exclusively from the Danbury Mint, for only \$37.

To acquire your doll, simply complete and return the attached Reservation Application today!

RESERVATION APPLICATION

Mimi A Bride of France

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for MIMI, A BRIDE OF FRANCE, a delightful collector doll crafted of fine, hand-painted bisque porcelain.

I need send no money now. I will be billed for the issue price of \$37*. A Certificate of Authenticity and display stand, included at no additional charge, will accompany my doll. My satisfaction is guaranteed.

*Plus \$2.50 for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you wish to charge your payment to your: ☐ VISA ☐ MasterCard

Credit Card Number _____

Expiration Date _____

Signature _____

Please allow 8 to 12 weeks after initial payment for shipment.

MARINA OSWALD



(continued) told her he fired a shot at a right-wing leader, former Army Maj. Gen. Edwin Walker, in April 1963.

The portrait Marina painted of Oswald was that of a secretive man who needlessly led a double life, spouted socialist political theories and physically abused her. Her testimony helped the commission in reaching its conclusion that Oswald was a deranged killer who acted alone, and that Oswald's own killing was not tied to any conspiracy.

Now, Marina says, she believes the commission led her to give testimony that would cast her husband in an unfavorable light. "I didn't realize how they led me. I didn't know you aren't supposed to lead a witness. I think the Warren Commission used me as a spokesman to advance their theory of a single gunman, because it comes out stronger; after all, the wife knows." She pauses and adds, "There was only a prosecution, no defense, and I buried him. I was introduced as a witness, and I became his executioner."

"For years," she says, "I didn't think about him; I just felt guilty. For years, I blamed myself. I wondered if I could have changed things if our relationship had been better. I didn't think about the assassination, I didn't read about the conspiracy theories—I didn't even read the Warren Commission report."

But in the past several years, Marina has begun to think again about the man to whom she had been married, and the crime he was accused of committing. And today she says she has a more mature and insightful view of Oswald's conduct, and his part in the Kennedy assassination. What does Marina Oswald Porter think is the untold story of that day in Dallas?

■ Marina now believes that Oswald was a government agent, at least for a time. "Now, looking back at his character, I can see that he had certain traits of professional training, like being secretive, and I believe he worked for the American government. And he was taught the Russian language when he was in the military. Do you think that is usual, that an ordinary soldier is taught Russian? Also, he got in and out of Russia quite easily, and he got me out quite easily. How did this happen?"

She also wonders if Oswald had rational reasons for actions that seemed inexplicable at the time. On the night before the assassination, the Oswalds argued because Marina had discovered that her husband was living under an assumed name in the boardinghouse in Dallas. Today, Marina wonders if he had other reasons for his secretiveness. "Perhaps he told me so little because he was trying to protect me." She also remembers thinking that Oswald was trying to send



Now Marina lives a peaceful suburban life outside Dallas with her second husband, Kenneth Porter. But she is still haunted by the tragic events of twenty-five years ago

who told my husband what to do."

■ In the months preceding the assassination, it has been reported that a man, behaving erratically, tried to pass himself off as Oswald in several public places in the Dallas area. The object? Possibly to establish the identity of an unbalanced man so that the real Oswald could be set up later as the president's assassin. "There was another Oswald, and that's no joke," Marina says. "I learned afterward that someone who said he was Lee had been going around looking to buy a car, having a drink in a bar. I'm telling you, Lee did not drink, and he didn't know how to drive. And afterward the FBI took me to a store in Fort Worth where Lee was supposed to have gone to buy a gun. Someone even described me and said I was with him. This woman was wearing a maternity outfit like one I had. But I had never been there."

■ Oswald's cruelty, and his occasional displays of agitated emotion, may have been due to the pressure of his double life. "In his behavior, he was capable of acting like a wild dog," Marina admits. "But he was a very loving father, and he loved me. How can one person have such contradictions? Maybe a psychiatrist would call it schizophrenic, but it could be the pressure he was living with as well. One time, when we were living in New Orleans, he broke down and cried. He seemed to have such a heavy burden that he wanted to share with me but couldn't."

Marina also wonders if there were people who did know more about Oswald's life, and the assassination, than they revealed. One, she suspects, who knew more than he told is the late FBI (continued on page 236)

TWENTY-FIVE YEARS LATER



HORMEL CHILI. ALL THE MAKIN'S OF HOMEMADE.

Good lean Hormel beef. Rich tomato sauce. Plump chili beans.
And a secret blend of spices to make it taste just like home.
Hearty and delicious. Serve it. And don't be surprised if they ask,

"Is it homemade or Hormel?"

Because sometimes it's really hard to tell.



MOST-WANTED



W

omen everywhere agree: if they could have only the
cosmetics, lipstick, blush and mascara would be
must-haves, hands down, according to new studies
by Revlon. So we're devoting eight pages to
your favorites. It's an indispensable
makeup guide we guarantee
you'll use again and again.

By Lois Joy Johnson

Be
and Fast
E

MAKEUP

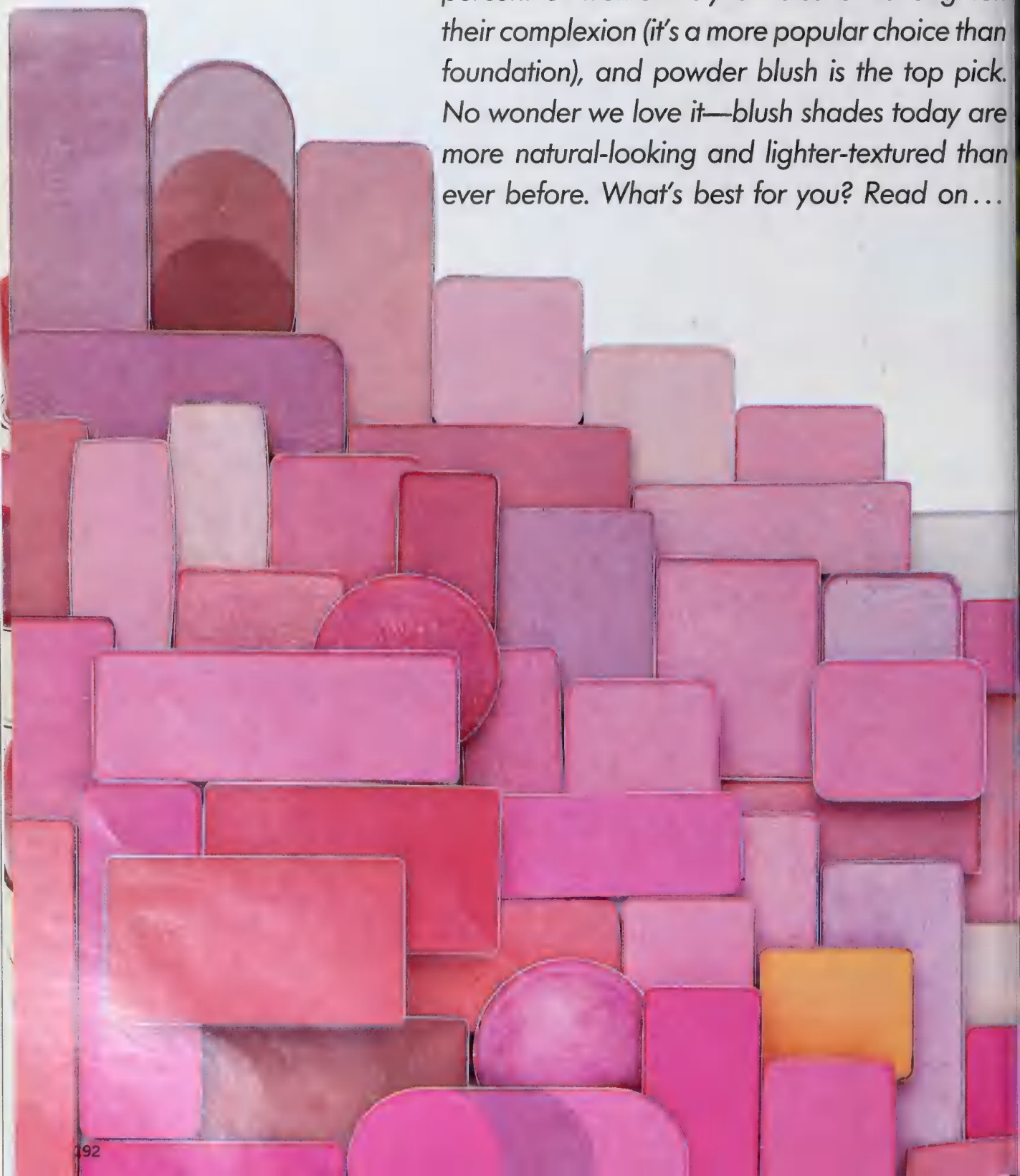
**lipstick,
blush,
mascara**

LIPSTICK

A whopping 74 percent of women depend on lipstick to enhance their looks. The colors for you? If your skin has blue undertones, mauve, pinks, fuchsia and silvery beiges are best. Have yellow tones? Go for apricot, coral-pinks, orange-reds or golds. Include in your lipstick wardrobe: a nude beige, an every-medium pink, apricot, coral or red, and a bright or frosted one for evening. (To identify lipsticks, turn to page 230.)

MOST-WANTED MAKEUP

Some amazing makeup facts: 60 percent of women rely on blusher to brighten their complexion (it's a more popular choice than foundation), and powder blush is the top pick. No wonder we love it—blush shades today are more natural-looking and lighter-textured than ever before. What's best for you? Read on...





LUSH

a healthy look is made in the shade: Select blush as you would lipstick—find a color that suits your skin. (For the blushes at left, see page 231.) Want a natural look? Select a hue a few shades darker than skin tone. By day, brush on a soft blush; by evening, intensify the color to compete with evening light. For daytime, upgrade peach to apricot or coral, strengthen pink to bright pink or rose, elevate mauve to burgundy or if you like strong eye makeup, ease up on blush. With lipstick, use more blush for balance, play down eyes.

MOST-WANTED MAKEUP

An eye-opening statistic: 56 percent of women count on mascara to dramatize their eyes (many more than ever before!), and most wear it every day. Black is the best bet for brunets—it's sophisticated, dramatic, a must for evenings. Blonds and redheads look smashing with softer emphasis—brown suits their lashes to a tee.





MASCARA

What's the news? Rainbow hues—and blue's a fave shade; it makes tired, eyes look clear. Use any blue from navy to cobalt to teal. Other pickups for eye colors: burgundy, violet and green. (For the mascara at left, see page 230.) Make the most of color to highlight eyes on a minimally made-up face. For chromatic impact, team blue mascara and blue liner or mascara and violet liner; or treat your top and bottom to different shades of mascara. For colorful flair, pair red and green, black and blue, or blue and violet.

TIPS & TECHNIQUES

lipstick lingo

Lipsticks not only vary greatly in color but in formulation as well.

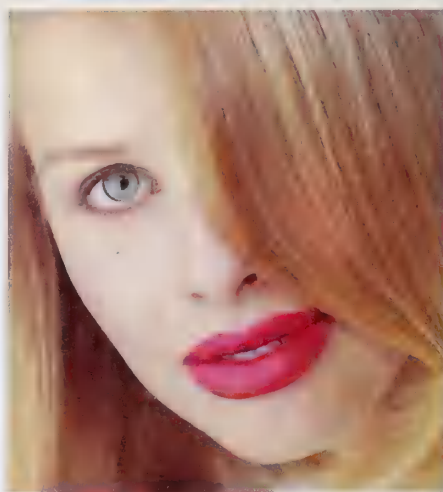
LONG-WEARING If you're looking for a product that needs minimum retouching, choose this formula. Be sure to pick a rich color like rose or red that leaves a color imprint. Try Max Factor Lasting Color Lipstick in Red Tulip.

ANTIFEATHERING Does your lipstick travel into the tiny lines around your mouth? This formula's for you—try Clinique Superlipstick or Elizabeth Arden Luxury Lipstick. (Tip: Use a primer and a lip liner first to help lips hold color.)

MOISTURIZING With ingredients like aloe, vitamin E and lanolin to counteract dry lips, this formula protects against environmental wear and tear. Top picks: Revlon Moondrops Lipstick, Maybelline Moisture Whip Nourishing Lipstick.

LITE The new "lite" lipsticks combine the hot hues of traditional formulas with the appealing sheen of a gloss and a light texture. Best buys: Coty Sheer to Stay 6-Hour Lipcolor, Clarion Soft Color Lipsilks and Revlon Color Shine Lipstick.

FULL COVERAGE This traditional lipstick gives the richest color, most opaque texture. We like: Revlon Super Lustrous Lipstick, Avon Color Rich Lipstick and Shiseido Moisture Mist Lipstick.



WORD OF MOUTH

Three steps to application perfection for lip color with stay-put power from Linda Mason, the pro who beautifies the lips of Brooke Shields and singer Belinda Carlisle

1 Always prep lips before applying color by sponging on a thin layer of foundation (best with full-coverage and long-lasting lipsticks) or a lip primer product or balm. We recommend these four: Coty "Stop It!" Anti-Feathering Stick, Guerlain's Baume de la Ferte Lip Care Creme, Neutrogena Lip Moisturizer, and Eight Hour Cream LipCare Stick by Elizabeth Arden.

2 Line lips with a pencil that matches lipstick or with a nude pencil. We like Clinique Perfect Nude Lip Pencil or Maybelline Precision Lip Liner. Line top lip first: Start at center and work out to corners. Line bottom lip from one side to the other. Blend lines by smoothing with a clean lip brush.

3 Apply lip color with a lip brush for sheerest coverage and most precise definition. Stretch mouth into an exaggerated O to reach corners. Remove any excess color by blotting with a clean, folded tissue. For long-lasting color, brush transparent powder through tissue to set.

lip shape-ups

minimize full lips First, cover your mouth with foundation. Apply lipstick to inner portion of lips, then fade out color toward the lip border. Avoid glossy or frosted looks—matte formulas in medium-tone shades are best. We like Coty "24" Creme Lipstick in Cherry Pink.

fill out thin lips Pencil in a beige or pale pink line just above the natural bow of upper lip (look for Prescriptives LipColoring Lip Pencil in Cool Shimmer or Christian Dior's Lip Liner Pencil in Natural). Using a tawny lip pencil, line directly under lower lip. Fill in lips with lipstick.



blushing basics

Aside from basic powder blush, these types may suit your skin.

NONCOMEDOGENIC If your skin is sensitive or blemish-prone, depend on a noncomedogenic, hypo-allergenic or dermatologist-tested product, such as Almay Brush-On Blush. Or try an oil-blotting blush, such as Maybelline Shine Free Blush-A-Little Oil Control Blush.

MOISTURIZING The ideal for dry skin? A powder blush with built-in moisturizers or a powder/cream blush with the feel of a cream and the matte finish of a powder. Look for: CoverGirl MoistureWear All-Day Blush, L'Oréal's Visuelle Powder Blush and Revlon's PowderCreme Blush.

CREAM A smoother for normal to dry skin. To get a believable, streak-free look, use a wedge-shaped makeup sponge to apply and blend instead of fingers. Intensify and hold color with a dusting of same-color powder blush.



look
pretty

feel
pretty

When you feel clean and fresh, it's easy to look your best. That's why Scott created Sofkins—premoistened cleansing cloths for your most personal cleansing needs. Use Sofkins along with your bathroom tissue to feel really clean—anytime of day, anytime of month. Flushable, hypoallergenic Sofkins is one beauty accessory no woman should be without. Look for Sofkins in the paper aisle of your supermarket.

Sofkins®...Discover just how clean and fresh you can feel



TIPS & TECHNIQUES

SLEEK CHEEKS

Get glowing (without looking phony) with these super blush pointers

1 For the smoothest application and easiest blending, dust powder blush over transparent powder. Buff edges so color appears to sink into skin.

2 If you prefer cream blush, apply it over foundation or moisturizer, then top with transparent powder.

3 Try the "apple blush smile" technique. Apply blush to round pillow of cheek, blend upward in a curve along cheekbone, fading out to brow.

4 Create contours with compacts that contain three coordinated colors—Shape N' Blush by CoverGirl or Shiseido's Moisture Mist Modulating Blusher; use the medium-tone blush on cheekbones, highlighter above and contour below. Blend well.

5 You can also use a dual compact of blush and highlighter to slim full cheeks—use the deeper shade under cheekbones, the lighter shade directly above it, blend the two shades at seam. Look for Maybelline's Brush/Blush II, Coty's Dual Pan Bare Blusher and Natural Radiance Powder Blush Duo by Avon.

blush bungles

Common application disasters to avoid:

blush stripe Toss the tiny brush in your compact and invest in a long-handled, rounded-head brush. The fatter the brush, the more subtle the color dispersment.

too much blush Tone color down by dipping brush in transparent powder and dusting it over blush, buffing edges. Try Blush-Nuances by Christian Dior—blush and powder in one convenient compact.



a few eye cues

There's more to mascara than meets the eye. Here's a guide to the terminology:

LASH LENGTHENER A formula to help short lashes reach new lengths. Look for fiber-free to prevent clumping. Try L'Oréal's Lash Out Lash Extending Mascara.

LASH THICKENER To make long, thin lashes look lusher, choose a body-building formula such as Revlon's Super Lustrous Smudgeproof Mascara and Almay's Super Rich Mascara.

WATERPROOF Fifty percent of women

who wear mascara opt for waterproof—it stands up to a lunchtime swim at the gym and goes from day into dinner. To try: Aziza Really Waterproof Mascara, Revlon's Super Rich Waterproof Mascara and Clarion Perfect Waterproof Mascara.

HYPO-ALLERGENIC Prone to irritation or wear contacts? Choose a mascara that's dermatologist-tested, hypo-allergenic, and fragrance- and fiber-free, such as CoverGirl Extremely Gentle Mascara. Always insert lenses before applying mascara, take out before removing.

CONDITIONING Treat brittle lashes to a protein-based, vitamin-fortified mascara. Look for Gale Hayman Beverly Hills Dramatic Lash Mascara.

THE EYES HAVE IT

A pro mascara lesson: Dust lashes with loose, transparent powder. Then tilt chin up, and holding wand horizontally close to lash base, make a zigzag movement with wand and roll from roots to tips. Start at inner corner, work out. For bottom lashes, hold wand vertically and coat each lash. Tuck a tissue underneath to catch smudges.

1 To make small eyes look larger, sleepy eyes appear more vibrant, use an eyelash curler. Always curl before mascara application. Hold curler close to base of lashes and squeeze gently but firmly. Hold for twenty seconds.

2 You can protect and separate lashes before applying mascara by priming them with conditioning base coat—try Revlon Lash Repair, CoverGirl Lash Primer, Lancôme Forticils Fortifying Lash Conditioner.

3 To avoid clumping, apply mascara in two thin coats, and comb after each application. Allow drying time between coats.

mascara innovations

customized A mascara offering many settings, such as Maybelline Dial-A-Lash.

transparent A product that emphasizes your natural eyelash color and shape. Look for Max Factor's No Color Mascara.

disposable Mascaras to use for a few weeks, then throw away. Count on Coty's Thick N' Healthy Disposable Mascara.



“I went looking for peaches and came back with a pair.

This time of year... and he wanted his favorite peach dessert, *right!*

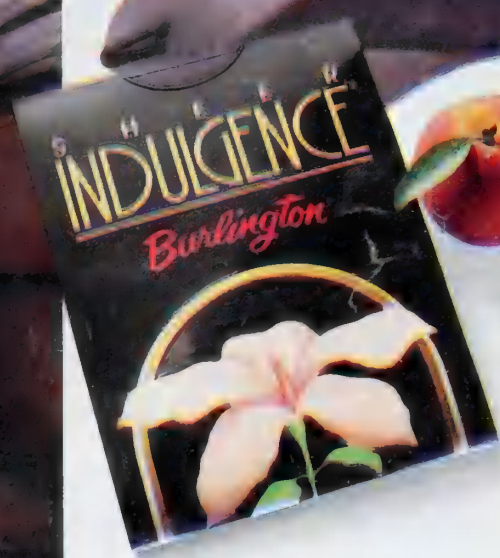
So off to the market I went. But instead of something mundane, I found something fabulous.

Burlington® Sheer Indulgence®

These new, shapely, very *silky* pantyhose, right there! And so affordable. I couldn't wait to put them on.

And they felt so delicious.

To heck with dessert, I made reservations. ”



**New Burlington®
Sheer Indulgence®**

Fashion where you
least expect it.

Available exclusively at food, drug
and discount stores.

bring-a-dish THANKSGIVING

A

t last, a Thanksgiving dinner you can really give thanks for. Our holiday meal plan lets everyone in on preparing the feast—Aunt Carol

cooks up the cauliflower soup, Grandma makes the rum pecan pie—all you do is roast the turkey! For a delightful new twist on family tradition, pass out the recipes that begin on page 210

Prepare palate-pleasing appetizers: garlic cheese mushrooms

Photos, J. Barry O'Rourke. Prop stylist, Debrah Donahue. Food stylist, Rick Ellis. Platter, left inset, Gear Stores, N.Y.



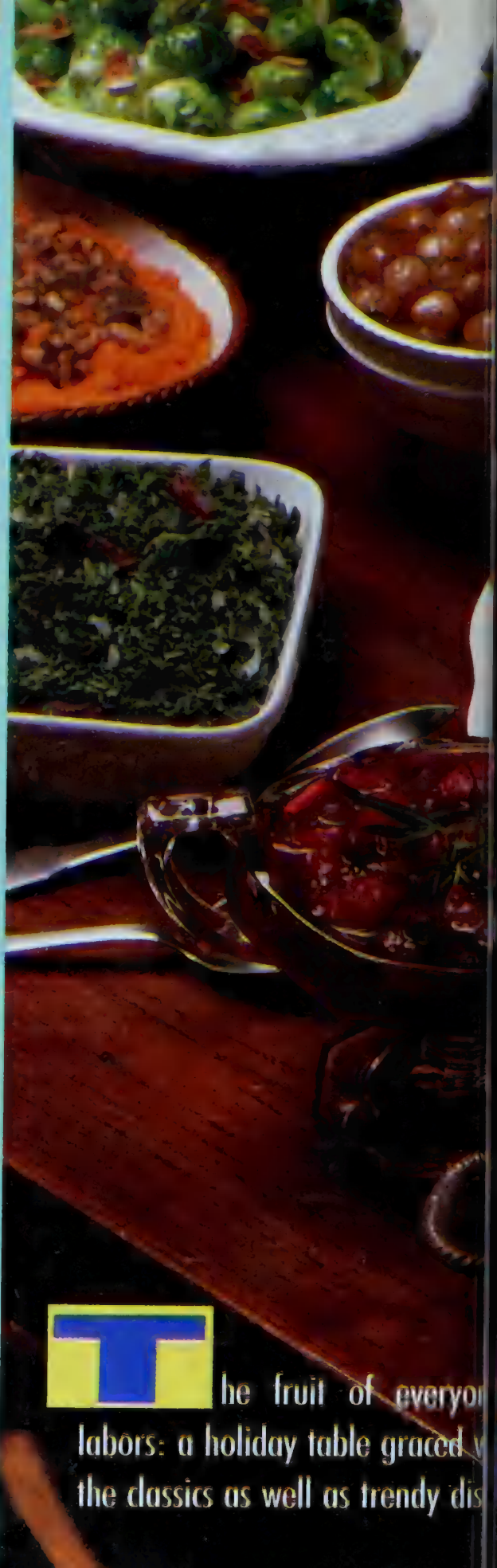
By Jan
T. Hazard
Food
Editor



Putting the finishing touch on dinner: rum pecan pie, cranberry almond tart and frozen pumpkin maple mousse



Before you carve the turkey and dish out the dinner rolls, serve up cauliflower soup with curry croutons.



he fruit of everyone's labors: a holiday table graced with the classics as well as trendy dishes.



All the bounty (clockwise from left): Brussels sprouts with bacon, balsamic-glossed pearl onions, mashed new potatoes with herbs, turkey with apple, pecan and sausage stuffing, cranberry corn bread, cranberry-pear compote, microwave spinach and chard, and southern sweet potato casserole

Photo: J. Barry O'Rourke. Food styling: Deborah Korman. Food styling: Nick Ellis. Tables and chairs: Fainta Group. Lamp: Free County Iron for Axiom Lamp. Pictures: Intel New Group's team of Food and Picture Magazine.



Scandinavian Rice Pudding

Our international collection of after-dinner delights is a roundup of old-time favorites, such as creamy rice pudding, spicy gugelhupf and a bread and butter pudding that might have come straight out of Dickens. All are easy to make (they need no fancy decorating or icing) yet simply elegant to serve. Why not surprise holiday guests with a cup of coffee or a steaming mug of cider and a generous helping of one of these homey specialties? Turn the page for more traditional treats and recipes.



Hungarian Apple Fritters

COUNTRY DESSERTS

**from around
the world**



French Pear and Fig Galettes



Austrian Gugelhupf

German Prune Kuchen

English Bread and Butter Pudding

COUNTRY DESSERTS

from around
the world

Sample the finales other countries adore—the sort you won't find in your local bakery. An added attraction: All except the rice pudding are made with fresh or dried fruit, so the kids get better nutrition than they would from a slice of ordinary chocolate cake.

Easy

Moderate

Challenging

Very Challenging

GUGELHUPF

pictured on page 206

Serve this candied citron-studded coffee-cake from Austria with whipped cream. If you're worried about baking with yeast, see page 218 for tips.

Prep time: 25 minutes plus rising

Baking time: 30 to 35 minutes

½ cup raisins

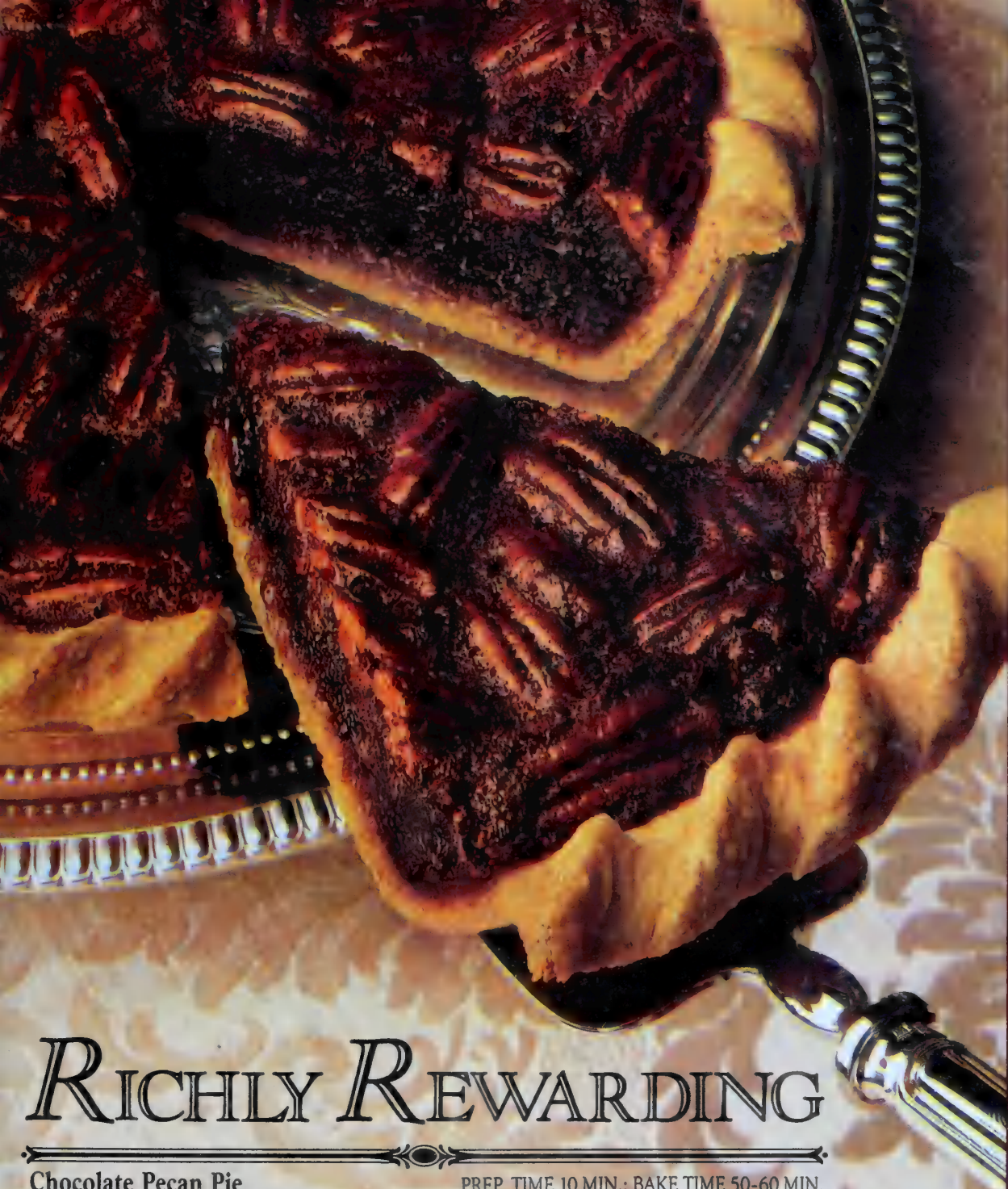
- 2 tablespoons white rum or kirsch
- 1 package active dry yeast
- 6 tablespoons plus 1 teaspoon sugar
- ¼ cup warm water (105°F.-115°F.)
- ½ cup butter or margarine
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 2 eggs
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour, divided
- ¼ cup milk
- ¼ cup finely chopped almonds

¼ cup finely chopped candied citron
Confectioners' sugar

In small bowl combine raisins and rum or kirsch; cover and let stand 1 hour or overnight.

Grease and flour an 8-inch fluted tube pan; set aside.

In bowl sprinkle yeast and 1 teaspoon sugar over warm water; stir until yeast is moistened. Set aside. In mixer bowl cream butter or margarine at medium speed with remaining 6 tablespoons sugar and the cinnamon, nutmeg and salt. Add eggs one at a time, beating well after each addition. Beat in lemon peel and vanilla. Beat in 1 cup flour until smooth. Add reserved yeast mixture and milk. Add another ½ cup flour and beat 3 minutes. Add remaining ½ cup flour and beat until smooth. Stir in raisin mixture, chopped almonds and citron. Pour batter into prepared pan. Cover and let rise in warm, draft-free place until doubled in bulk, 1 hour. (continued)



RICHLY REWARDING

Chocolate Pecan Pie

PREP. TIME 10 MIN.; BAKE TIME 50-60 MIN.

3 eggs, slightly beaten
1 cup KARO® Light or Dark Corn Syrup
1 pkg. (4 oz.) BAKER'S® GERMAN'S® Sweet
Chocolate or 4 squares (4 oz.) BAKER'S®
Semi-Sweet Chocolate, melted and cooled
1/3 cup sugar

2 tablespoons butter or
margarine, melted
1 teaspoon vanilla extract
1 1/2 cups pecan halves
1 unbaked 9in.
pastry shell

• In large bowl, stir eggs, corn syrup, chocolate, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pastry shell.

• Bake in 350°F oven 50 to 60 minutes or until knife inserted halfway between center and edge comes out clean. Cool on wire rack. Makes 8 servings.

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COUNTRY DESSERTS

continued

Preheat oven to 350°F. Bake 30 to 35 minutes, until cake is golden brown and toothpick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Remove cake from pan and cool completely on rack. Sprinkle with confectioners' sugar. Makes 12 servings.

Nutrition info per serving: 245 calories, 10 gm fat, 4 gm protein, 34 gm carbohydrates, 201 mg sodium, 67 mg cholesterol.

APPLE FRITTERS

pictured on page 204

Fritters are a fried food that, depending on the ingredients used, can be sweet or savory. These sweet Hungarian fritters use apples sliced in rings, which are then dipped in a batter and fried.

Prep time: 10 minutes

Cooking time: 20 minutes

- 1½ cups all-purpose flour
- 2 tablespoons granulated sugar
- Pinch salt
- ¾ cup milk
- 1 egg
- Confectioners' sugar
- Salad oil for deep frying
- 3 large Golden Delicious apples

In medium bowl combine 1 cup flour,

the granulated sugar and salt. In small bowl whisk milk and egg, then gradually whisk into dry ingredients until smooth. Set aside.

In large bowl combine remaining ½ cup flour and ¼ cup confectioners' sugar; set aside.

In heavy skillet heat 1 inch oil to 375°F. Peel and core apples. Cut each apple into 6 equal round slices about ½ inch thick. Toss 3 apple slices in flour-sugar mixture, then in batter, shaking off excess. Fry 1½ to 2 minutes, turning once, until golden. Drain on paper towels. Repeat with remaining apples. Sprinkle with additional confectioners' sugar. Serve immediately. Makes 4 servings.

Nutrition info per serving: 405 calories, 14 gm fat, 7 gm protein, 65 gm carbohydrates, 71 mg sodium, 74 mg cholesterol.

FRESH PEAR AND FIG GALETTES

pictured on page 205

These free-form French tarts have a thin crust and layer of sliced fruit. They should be served slightly warm or at room temperature—never cold.

Prep time: 1 hour plus chilling

Baking time: 40 minutes

Pastry

- 1½ cups all-purpose flour
- 1½ teaspoons sugar

- ½ teaspoon salt
- ½ cup cold butter, cut up
- 6 to 8 tablespoons ice water

- 4 medium pears, cut into ½-inch slices
- 3 tablespoons fresh lemon juice
- ¾ teaspoon grated lemon peel
- 3 large fresh figs or 4 dried, cut into ½-inch slices*
- 4 teaspoons sugar
- 2 tablespoons butter, cut up
- ¼ cup apricot preserves
- 1 tablespoon cognac or brandy

Pastry: In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle with water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Divide pastry in half and shape into 2 balls. Wrap in plastic wrap or foil; refrigerate 1 hour or overnight.

In large bowl toss pear slices with lemon juice and peel; set aside.

Preheat oven to 400°F. Grease cookie sheets. On lightly floured surface roll 1 pastry ball into an 11-inch circle. Using a 10-inch cake pan or plate as a guide, with small, sharp knife cut a 10-inch pastry circle. Transfer to a prepared cookie sheet. Repeat with second pastry ball.

Arrange half the pears along the outside of each pastry (continued)



Without Diamond® Walnuts, it's only half-baked.

...e, overlapping slices and leaving a
...ch rim. If using fresh figs, arrange
...the figs in the center of each cir-
...staggering and overlapping slices
...semble flower petals. Fold rim up
...g edge of pears to form a pastry
...er.

...prinkle each galette with 2 tea-
...sps sugar and dot each with 1
...teaspoon butter. Bake 40 minutes,
...changing position of cookie sheets in
...a halfway through baking, until
...ts are golden and crisp. Immedi-
...ly transfer cookie sheets to boards
...wire racks.

...small saucepan heat apricot pre-
...s over medium heat until bubbly.
...ove from heat and stir in cognac
...randy. Brush apricot glaze evenly
...top of each warm galette. Serve
...m or at room temperature. Makes
...servings.

...using dried figs: After baking ga-
...s 30 minutes, arrange figs as di-
...ed above, then bake 10 minutes
...e.

...tion info per serving: 215 calories, 10 gm fat, 2
...rotein, 30 gm carbohydrates, 190 mg sodium, 26
...cholesterol.

PUDDING

...ared on page 204

...aking the rice slowly in milk is the

...key to making this *ethereal Scandina-
...vian dessert.*

Prep time: 10 minutes plus chilling

Cooking time: 1 hour

- 1 quart milk
- ½ vanilla bean, split
- ½ cup long-grain rice
- ½ cup sugar
- 2 egg yolks
- ¼ teaspoon salt
- ¾ cup heavy or
whipping cream

In medium saucepan heat milk with
vanilla bean to boiling over medium-
high heat. Stir in rice and return to a
boil. Reduce heat and simmer uncov-
ered, stirring occasionally, until rice is
tender, about 55 minutes.

Meanwhile, in medium bowl whisk
sugar, egg yolks and salt until blend-
ed. Pour in cream and whisk again
until completely blended and smooth.

When rice is done, remove from heat
and stir in cream mixture until well
combined. Return to a boil over medi-
um-high heat; remove and discard va-
nilla bean.

Pour pudding into a 6-cup serving
dish. Cool to room temperature. Cover
and refrigerate 4 hours or overnight.
Makes 4 cups.

Nutrition info per ½ cup: 235 calories, 13 gm fat, 6
gm protein, 24 gm carbohydrates, 138 mg sodium,
113 mg cholesterol.

PRUNE KUCHEN

pictured on page 206

*German desserts use a lot of fruits,
fresh in summer and dried in winter.
For this cake, adapted from a recipe of
New York Times food critic Marian
Burros, we use the humble prune.*

Prep time: 20 minutes

Baking time: 50 to 60 minutes

- 1¾ cups (12 oz.) dried pitted prunes
- 1 tablespoon fresh lemon juice
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- Pinch salt
- ½ cup unsalted butter, softened
- 1 cup plus 1 tablespoon sugar
- 2 eggs
- ¼ teaspoon cinnamon

Preheat oven to 350°F. Grease a 9-inch
cake pan with removable bottom or 9-
inch springform pan.

In small bowl toss prunes with lem-
on juice; set aside. In medium bowl
combine flour, baking powder and salt;
set aside.

In mixer bowl cream butter and 1
cup sugar. Beat in eggs one at a time,
beating well after each addition. Add
dry ingredients and mix at low speed
until well combined. Spread batter
evenly in bottom of prepared pan. Ar-
range prunes with lemon (continued)



Add crunchy, nutty
Diamond Walnuts to
your recipes, and
you'll bake up the best



goodies you've ever
tasted. Make sure
you've got plenty for
the holidays.

COUNTRY DESSERTS

continued

in concentric circles on top.

In small bowl combine remaining 1 tablespoon sugar and the cinnamon; sprinkle over fruit.

Bake kuchen 50 to 60 minutes, until top is golden brown and toothpick inserted in center comes out clean. Transfer to wire rack and cool 15 minutes. Remove side of pan. Serve warm. Makes 8 servings.

Nutrition info per serving: 385 calories, 13 gm fat, 4 gm protein, 65 gm carbohydrates, 91 mg sodium, 100 mg cholesterol.

BREAD AND BUTTER PUDDING

pictured on page 206

The origin of this English dessert is hazy. It has been credited to frugal Victorian cooks and their efforts to feed the servants interesting meals.

Prep time: 30 minutes plus standing

Baking time: 1 hour

¼ cup currants

¼ cup golden raisins

6 tablespoons butter or margarine, softened

18 slices firm white bread, crusts removed

6 tablespoons strawberry jam

5 eggs

¼ cup sugar

1 teaspoon vanilla extract

¼ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

3 cups milk

1 cup heavy or whipping cream

Butter a shallow 2-quart, 12x7½x2-inch baking dish. In small bowl combine currants and raisins; set aside.

Spread softened butter on one side of each slice bread. Place bread buttered side down on wax paper and spread strawberry jam over tops. Place 6 bread slices buttered side down in prepared baking dish. Sprinkle with half the currants and raisins. Repeat, layering another 6 bread slices and remaining currants and raisins. Top with remaining 6 slices bread, jam side up.

In large bowl whisk eggs, sugar, vanilla, cinnamon, nutmeg and salt. Whisk in milk and cream until well combined; pour evenly over bread. Let stand at room temperature 30 minutes.

Meanwhile, preheat oven to 350°F. Bake 1 hour or until top is puffed and golden brown and a knife inserted in center comes out clean. Let stand 10 minutes before serving. Makes 12 servings.

Nutrition info per serving: 355 calories, 19 gm fat, 9 gm protein, 39 gm carbohydrates, 366 mg sodium, 167 mg cholesterol.

Recipes developed by Carol Prager.

THANKSGIVING

continued from page 203

○ Easy

● Moderate

● Challenging

(M) Microwave

MENU FOR SIXTEEN

Foolproof Mushrooms

Smoked Salmon Dip

Cook 'n' Carry Cauliflower Soup

Heritage Roast Turkey with Stuffing

Pack-'Em-Up Potatoes

Make-To-Take Sweet Potatoes

Microwave Greens Casserole

Brussels Sprouts with Bacon

Balsamic-Glazed Pearl Onions

Cran-Pear Compote

Holiday Corn Bread

Orange Fennel Salad

Pumpkin Maple Mousse

Cranberry Almond Tart

Rum Pecan Pie

All recipes given

FOOLPROOF MUSHROOMS

Even the worst klutz in the kitchen make this three-ingredient appetizer.

Prep time: 10 minutes

Baking time: 8 to 10 minutes (continues)

Just point

Grab hold of a kitchen miracle. Presto® SaladShooter™ electric slicer-shredder. Light weight, handy. Aim and shoot slices into a salad—shred cheese onto a pizza—chop nuts onto dessert—slice mushrooms, fruit, cabbage, as much as you want, where you want, no

messy bowl. Clean up is easy, just rinse and wipe. Put away anywhere, so compact it fits in a drawer. The exciting new gift everyone wants... the handy appliance you'll use every day. Get one, give one.



2 tablespoons grated Parmesan cheese
 1 package (4 or 5 oz.) garlic-herb cheese spread, softened
 1 small mushrooms, stems removed
 Preheat oven to 400°F. Spray a jelly-pan with vegetable cooking spray. In a small bowl combine 2 tablespoons Parmesan with cheese spread. Pipe or spread into mushroom caps on prepared pan. Sprinkle with remaining Parmesan. (Can be made ahead. Cover and refrigerate up to 4 hours.) Bake 8 to 10 minutes, until lightly browned on top. Makes 32 appetizers.

Nutrition info per serving: 15 calories, 1 gm fat, 1 gm protein, 1 gm carbohydrates, 57 mg sodium, 3 mg cholesterol.

SMOKED SALMON DIP

For the best smoked salmon available in the deli section of your supermarket—the recipe uses only a 1/2 pound.

Prep time: 15 minutes

1 package (8 oz.) cream cheese
 1/2 cup sour cream
 1/2 pound smoked salmon
 2 tablespoons fresh lemon juice
 1/2 teaspoon freshly ground pepper
 2 tablespoons chopped parsley
 2 tablespoons chopped green onion
 1/2 cup assorted crudité and crackers
 Food processor process cream cheese

until smooth. Add sour cream, smoked salmon, lemon juice and pepper; process until smooth. Transfer to a bowl. Stir in parsley and green onion. (Can be made ahead. Cover and refrigerate up to 3 days.) Serve with crudité and crackers. Makes 2 1/2 cups.

Nutrition info per tablespoon: 35 calories, 3 gm fat, 1 gm protein, 1 gm carbohydrates, 42 mg sodium, 9 mg cholesterol.

COOK 'N' CARRY CAULIFLOWER SOUP

The homemade curried croutons add an unexpected taste to this easy soup.

Prep time: 20 minutes

Cooking time: 30 minutes

6 tablespoons butter or margarine
 3 cups chopped onions
 3 tablespoons flour
 6 cups chicken broth
 2 medium heads (5 lbs.) cauliflower, cut into florets
 1 1/2 cups half and half cream
 3/4 teaspoon salt
 1/8 teaspoon white pepper

Curry Croutons

6 tablespoons butter or margarine, melted
 1 tablespoon curry powder
 4 cups 1/2-inch bread cubes (about 10 slices)

In large saucepot melt butter or margarine over medium-high heat. Add onions; cover and cook 5 minutes. Stir

in flour; cook 1 minute. Stir in chicken broth, then cauliflower. Bring to a boil; reduce heat, cover and simmer 20 minutes until cauliflower is fork-tender. In food processor or blender puree soup in batches; return to saucepan. Stir in cream, salt and white pepper. (Can be made ahead. Cool to room temperature. Cover and refrigerate up to 2 days. Reheat in a large saucepan over medium-high heat until hot, about 15 minutes. Or transfer soup to a 4-quart microwave-proof bowl. Cover with plastic wrap, turning back one section to vent. Microwave on High 15 to 20 minutes, stirring halfway through.) Sprinkle with croutons. Makes 16 servings.

Curry Croutons: Preheat oven to 350°F. In medium bowl combine butter or margarine and curry powder; set aside. Arrange bread cubes on a jelly-roll pan. Bake 15 to 20 minutes, stirring halfway through, until dry and lightly toasted. Toss with butter mixture and cool. (Can be made ahead. Cover and store at room temperature up to 2 days.)

Nutrition info per serving: 200 calories, 13 gm fat, 4 gm protein, 15 gm carbohydrates, 720 mg sodium, 32 mg cholesterol.

HERITAGE ROAST TURKEY WITH STUFFING

If the turkey starts to (continued)

& shoot!



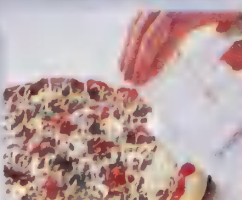
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THANKSGIVING

continued

own too quickly, use a small piece of foil to protect the
ea. Don't wrap the bird—that will cause it to steam
ther than roast.

up time: 1 hour

oking time: 4½ to 5½ hours

ffing

¾ cup butter or margarine

1½ cups diced onions

1 cup diced celery

1 pound bulk sausage

1 package (15 or 16 oz.) plain or 2 packages (7 oz. each)

cornbread stuffing mix

1 can (13¼ or 14½ oz.) chicken broth

2 cups diced apples

2 cups coarsely chopped pecans

½ cup chopped parsley

1 teaspoon sage

½ teaspoon freshly ground pepper

2 eggs, beaten

whole turkey (20 lbs.), thawed if frozen

tablespoons butter or margarine, melted

cup flour

Chicken broth

Salt and freshly ground pepper

uffing: In large skillet melt butter or margarine over
edium heat. Add onions and celery; sauté until transluc-
nt, 5 minutes. Transfer vegetables to a large bowl. In
ne skillet cook sausage, stirring to break up meat,
til browned, 10 minutes. Add to bowl with vegetables.
r in stuffing mix and remaining ingredients except
gs. Cool. (Can be made ahead. Cover and refrigerate up
24 hours. Just before roasting, add eggs to stuffing.)
r in eggs. Makes 14 cups.

rition info per ½ cup: 240 calories, 18 gm fat, 5 gm protein, 15 gm
bohydrates, 450 mg sodium, 45 mg cholesterol.

Preheat oven to 325°F. Loosely fill neck and body cavi-
s of turkey with stuffing. (Transfer remaining stuffing
a shallow baking dish. Cover with foil and refrigerate.)
ld neck skin over back of turkey and fasten with a
ewer or toothpicks. Tie legs together with string.

Place turkey with breast side up on rack in shallow roast-
g pan. Rub with the butter. Roast 4½ to 5½ hours or
til meat thermometer inserted in inner thigh reaches
0°F. After 4 hours, add reserved stuffing to oven and
ke covered 1 hour. Transfer turkey to a platter and let
and 15 minutes before carving. Makes 16 servings.

rition info per 3-ounce serving: 145 calories, 4 gm fat, 25 gm protein, 0
carbohydrates, 63 mg sodium, 66 mg cholesterol.

ake pan gravy: Pour off and reserve drippings from
n. Skim off fat, reserving ¼ cup; discard remaining fat.
turn reserved fat to pan. Stir in flour and cook over
edium heat, stirring, 2 minutes. Add skimmed pan
ppings plus enough chicken broth to equal 3 cups.
ing to a boil and cook, stirring, 3 minutes more. Season
th salt and pepper. Makes 3 cups.

rition info per 2 tablespoons: 45 calories, 4 gm fat, 1 gm protein, 1 gm
bohydrates, 106 mg sodium, 5 mg cholesterol.

CK-EM-UP POTATOES

hat could be simpler? Just mash unpeeled new potatoes
d leeks—no need to worry about the lumps.

p time: 15 minutes

king time: 30 minutes

(continued)



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THANKSGIVING

continued

- 4 pounds small new potatoes, unpeeled
- 6 tablespoons butter or margarine
- 2 cups chopped leeks (white part only)
- 2 cups half and half cream or milk
- 1 tablespoon chopped parsley

1½ teaspoons salt

¾ teaspoon freshly ground pepper

In large saucepan combine potatoes and salted water to cover. Bring to a boil; cover and cook until fork-tender, about 20 minutes.

Meanwhile, in medium saucepan melt butter or margarine over medium heat. Add leeks; cover and cook, stirring occasionally, 10 minutes.

Drain potatoes well; return to saucepan and mash with leeks and cream or milk. Beat in parsley, salt and pepper. (Can be made ahead. Cool to room temperature. Cover and refrigerate up to 24 hours. In 3-quart ovenproof dish cover and reheat potatoes in preheated 350°F. oven, stirring once, 30 minutes. Or transfer potatoes to a 3-quart microwave-proof bowl. Cover with plastic wrap, turning back one section to vent. Microwave on High 14 minutes, stirring halfway through.) Makes 16 servings.

Nutrition info per serving: 180 calories, 8 gm fat, 3 gm protein, 24 gm carbohydrates, 274 mg sodium, 23 mg cholesterol.

MAKE-TO-TAKE SWEET POTATOES

The brown sugar-walnut topping gives a very satisfying caramel flavor. In a hurry? Drain and mash canned yams.

Prep time: 45 to 50 minutes

Baking time: 40 minutes

Topping

- 1 cup chopped walnuts
- 3 tablespoons firmly packed brown sugar
- 1 tablespoon melted butter or margarine
- Pinch cloves

4 pounds sweet potatoes

¼ cup butter or margarine

2 tablespoons bourbon

1 teaspoon salt

½ teaspoon grated orange peel

½ teaspoon freshly ground pepper

Topping: In small bowl combine all ingredients; set aside.

In large saucepan combine sweet potatoes with salted water to cover. Bring to a boil; cover and cook until fork-tender, about 30 minutes. Drain and peel. In mixer bowl beat potatoes until smooth. Add butter or margarine, bourbon, salt, orange peel and pepper; beat until smooth. Butter a shallow 2-quart baking dish. Spoon in potato mixture and sprinkle with topping. (Can be made ahead. Cover with foil and refrigerate up to 2 days. Let stand at room temper-

ature 1 hour before baking.)

Preheat oven to 350°F. Bake 30 minutes; remove foil and bake 10 minutes more or until hot. Makes 16 servings.

Nutrition info per serving: 175 calories, 9 gm protein, 24 gm carbohydrates, 186 mg sodium, 7 mg cholesterol.

MICROWAVE GREENS CASSEROLE

This spinach and Swiss chard casserole was developed to cook in the microwave, thus freeing your stove top.

Prep time: 15 minutes

Microwave time: 10 to 12 minutes

3 tablespoons butter or margarine

¾ cup chopped onion

1 pound Swiss chard, stems removed, chopped

1 tablespoon flour

4 packages (10 oz. each) frozen chopped spinach, thawed and squeezed dry

1½ cups heavy or whipping cream

¾ teaspoon salt

¾ teaspoon freshly ground pepper

In microwaveproof 13x9-inch dish melt butter or margarine on High about 30 seconds. Add onion; microwave on High 1½ to 2½ minutes, until translucent. Add Swiss chard and toss. Cover with plastic wrap, turning back corner to vent. Microwave on High 10 minutes. Toss with flour; add spinach, cream, salt and pepper. Microwave covered on High 3 minutes; stir. Microwave 2 to 3 minutes more, until hot. Let stand 2 minutes. (Can be made ahead. Cool; cover and refrigerate up to 24 hours. Reheat in microwave oven on High 6 to 7 minutes, stirring once until hot. Or transfer to a large saucepan and reheat covered over medium stirring frequently, about 25 minutes. Makes 16 servings.

Nutrition info per serving: 125 calories, 11 gm protein, 5 gm carbohydrates, 242 mg sodium, 7 mg cholesterol.

BRUSSELS SPROUTS WITH BACON

The reason for cutting an "x" in the bottom of the Brussels sprouts is rapid cooking.

Prep time: 20 minutes

Cooking time: 5 minutes

4 containers (10 oz. each) Brussels sprouts

¼ cup butter or margarine, cut up

6 slices bacon, cooked and crumbled

½ cup chopped green onions

1 tablespoon fresh lemon juice

½ teaspoon salt

½ teaspoon freshly ground pepper

Cut an "x" in the bottom of each Brussels sprout. Bring a large saucepan of salted water to a boil. Add sprouts; boil just until tender-crisp, 3 to 5 minutes. Drain. Transfer to a serving dish and toss with remaining ingredients. (Can be made ahead. Cover and refrigerate up to 24 hours. Transfer

A large, wrapped gift box is the central focus of the image. The box is covered in a light-colored, textured paper, possibly silver or white. A wide, vibrant red ribbon is wrapped around the box in a crisscross pattern, forming a large, multi-looped bow on top. The bow is very full and voluminous. The background is a solid, bright yellow. In the upper right corner, there is a rectangular box with a thin black border containing text. The text is written in a serif font, with the first letter of the first word being large and red, and the rest of the text in black.

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5. Odds to win a diamond—1 in 51,840

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1. Complete and mail entry form or 3"x5" card with name, address and phone number to Diamond A 80th Anniversary Sweepstakes, P.O. Box 8261, Beaverton, Oregon 97076.
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4. You must be 18 or older to qualify.
5. Entry must be postmarked no later than 12/15/88.
6. Drawing will be held February 3, 1989. Winners will be notified within 10 days.
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TRAVEL JOURNAL

BACK IN TIME: A TREK THROUGH WILDER COUNTRY

Who in America today has not heard or read about Laura Ingalls Wilder? Like many adults, I grew up on the "Little House" books and lived vicariously the many adventures of the Ingalls family. Last summer I decided to retrace some of their steps. Many of the places this beloved author lived in are now museums.

Clustered with oak, elm and black walnut trees, Walnut Grove is a small village in southwestern Minnesota. The Ingalls family arrived in the spring of 1874. They eked out a living from the prairie land for five years, all the while threatened by restless Indians, grasshopper plagues, virulent illness and inclement weather. Plum Creek meanders through Walnut Grove and is the setting for Laura's 1938 Newbery Honor book, *On the Banks of Plum Creek*.

The land is open to visitors and is a place of quiet beauty. A rustic wooden bridge spans Plum Creek and leads to the indentation in the ground where once Charles and Caroline Ingalls made a home for their daughters.

Walnut Grove also has a small pioneer museum. In 1980, the town's Wilder Committee purchased the Revere depot and moved it to Walnut Grove to house the museum.

The Ingalls family left Minnesota for Dakota Territory in the summer of 1879. De Smet, now in South Dakota, was the final stop in the trek west for Charles and Caroline. In 1887 Charles built the white frame house in which he died in 1902. It still stands on Third Street. Property of the Ingalls family from 1887 to 1928, it was bought by the Laura Ingalls Wilder Memorial Society in 1972 and carefully restored.

Throughout the lower level are authentic furniture and treasures. On both floors are fascinating display cases containing manuscripts, letters, photographs, news clippings and rare first editions of the Wilder novels.

The finishing touch was provided by Garth Williams, the renowned illustrator of the "Little House" books, who was visiting De Smet.

"How well did you know the Wilders?" I asked.

"In 1947 I met Almanzo and Laura in Missouri. She was lively and full of spirit; he was cautious. Laura sounded just as she does in her writings."

"What impressed you most about her?" I continued.

"Her inclination to partake in any venture, even at eighty years of age." After visiting the Surveyor's House where Laura and her family spent winter of 1879-80, we went a mile south of town to see the homestead claim that Charles staked in spring of 1880. Surrounding the low hillside are five imposing cottonwood trees. These are the trees planted by Pa, and their girls in the summer of 1880. To the west is De Smet cemetery. Under the cool, dark pines rest the remains of the Ingalls family in winter-tended plots. Laura is the only member of her immediate family not buried there. In July, 1894, Laura, husband and their young daughter Rose, left for Mansfield, Minnesota "The Land of the Big Red Apple."

Late in 1894, the Wilders purchased forty acres of rough land a mile east of Mansfield for \$100. This eventually became a prosperous two-hundred-acre dairy farm known as Rocky Ridge. The house, which overlooks a deep ravine, was completed in 1912. It was here that Laura began her writing career.

The house has been preserved exactly as it was when Laura died in 1955. An adjacent building erected in 1912 contains the extraordinary Wilder Lane (Rose's married name) museum. A group of children were enthusiastically commenting on the displays.

"Look, there's the sewing cabinet and manzo made for Laura!"

"Over here! Pa's fiddle!"

"Says here that Laura made a white lace dress by hand in 1900."

In the Wilder home, we were taken from room to room and marveled at Laura's glassware and needlework and Almanzo's exquisite hand-made furniture. Off the downstairs bedroom stands the small, intricately carved desk where Laura did her writing.

"You knew Laura personally, didn't you?" I asked Irene Lichty-LeCoutre, then the curator.

"Oh, yes, we met in the late forties and I got to know her very well. She was a very beautiful little lady, so gentle and sweet, just five feet tall. My husband, Almanzo, and I. Wilder was often shy but not in the least conceited. I saw her almost every day toward the end of her life."

I thanked her and watched as she greeted another group of wide-eyed schoolchildren. How Laura and Almanzo would have appreciated their interest!

As Laura once said, "It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures and to be cheerful and have courage when things go wrong... the real things have changed." I would like to believe it is true.

—ROBERT C. GRANT

TRAVEL JOURNAL

COLORADO SPRINGS AND THE PIKES PEAK REGION

Next time you're searching for a family vacation in a magnificent area, consider a visit to scenic Colorado Springs and the Pikes Peak region. Colorado Springs, the state's second largest city, is nestled on a plateau at the base of Pikes Peak, which is located at the eastern edge of the Rocky Mountains. In fact, the region is so breathtaking that it inspired Kathleen Lee Bates to write the words to "America the Beautiful" in 1893. The natural playground, the area of abundance of outdoor activities such as hiking, cycling, golfing, skiing, backpack riding, river rafting, rock climbing, ice skating and camping. In addition, visitors can enjoy over 100 miles of public parks as well as forty area attractions.

Some of the most impressive natural landmarks in Colorado Springs are the Garden of the Gods and Pikes Peak. The Garden of the Gods is a 1,368-acre natural landscape of red sandstone pinnacles, 100 million years old. The garden is the best hiking, picnicking, riding and photography in the region. Pikes Peak is a 14,110-foot mountain that you can ascend by car along the 18-mile Pikes Peak Highway (719-583-3833) or via the Pikes Peak Cog Railway. The highest railway in the world, the seventy-five-year-old Cog is 2.8 miles long and provides breathtaking views. On a clear day, you can see over 70 miles north of Colorado Springs, and New Mexico, and one hundred miles south.

For reservations and more information, call the Pikes Peak Cog Railway, 719-583-5401.

In addition to its natural wonders, Colorado Springs boasts sensational man-made sites. The city is home to the U.S. Air Force Academy, a 12,000-acre man-made tourist attraction. The academy is situated at the foot of the Rampart Range on eight thousand picturesque acres. Highlights of an academy visit include the Cadet Chapel, with a 150-foot-high spire. The academy also features a planetarium, where visitors can view special shows (719-727-2779), and a visitors center with exhibits on cadet life, including a display that shows a cadet's typical day, as well as replicas of cadet rooms. The center is open year-round, seven days a week from 9 A.M. to 5 P.M. Tours are offered only during

the summer. All attractions at the Academy are free. Call the Visitors Center at 719-472-2555.

Colorado Springs is known as the amateur sports capital of the U.S. because it is home to the U.S. Olympic Training Center. The 36-acre complex hosted nearly 400 programs last year, including training camps, coaching seminars, clinics and competitions, and trained over 10,000 athletes, coaches and sports professionals. Call 719-578-4618 for schedule information.

More not-to-be-missed attractions? The Cheyenne Mountain Zoo, with over 600 wild animals, and Will Rogers Shrine to the Sun, a tower in the Cheyenne Mountains at 8,000 feet that displays mementos of the famed American humorist and offers a dazzling panoramic view of the Rockies and Great Plains. Admission to the zoo (\$5 for ages 12 and over, \$2.50 for ages 3 to 11, \$4 for ages 65 and over) includes a visit to the shrine. Food and picnic tables are available. The park is open daily from 9 to 4:30. Call 719-475-9555 for more information.

The whole family will also enjoy Ghost Town (719-634-0696), the Hall of the Presidents Living Wax Studio (all 105 wax figures come from Madame Tussaud's famous London museum; 719-635-3553) and Colorado City (in western Colorado Springs), which was recently restored to reflect the historic architecture of the 1800s. The charming area is a favorite shopping and restaurant locale for nearby residents and visitors alike.

As befits a city that caters to guests, Colorado Springs has over 8,000 hotel rooms ranging from budget motels to lavish suites at the grand, five-star Broadmoor Hotel, a 70-year-old European-style luxury resort. The restaurants at the Broadmoor (seven in all) are also first-rate—the elegant English-mansion-style Charles Court and the Golden Bee, an authentic 18th century English pub, are two popular choices. There are plenty of other restaurants around the city to choose from and a wide variety of food to sample—from Italian, French, Mexican and seafood specialties to western-style barbecue and old-time chuckwagon suppers.

The following organizations will provide you with all the information you need: Colorado Springs Convention and Visitors Bureau, 104 S. Cascade Avenue, Suite 104, Colorado Springs, CO 80903, 719-635-7506 or 800-88-VISIT; Pikes Peak Country Attractions Association, 354 Manitou Avenue, Manitou Springs, CO 80829, 719-685-5894; Pikes Peak Lodging Association, P.O. Box 6914, Colorado Springs, CO 80934. —LINDA FEARS

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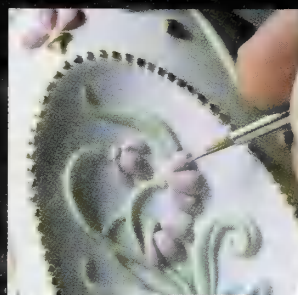
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For a free recipe booklet send a self-addressed, stamped envelope to C&H Sugar, "And Now for Dessert," Dept. L, P.O. Box 4126, Concord, CA 94524.

SNOW FLURRIES

- | | |
|--|------------------------------|
| 1 cup C&H Granulated Sugar | 1/2 tsp. almond extract |
| 1 tbl. finely chopped fresh lemon peel | 3 1/2 cups all-purpose flour |
| 1/2 cup butter, softened | 1/2 tsp. salt |
| 1/2 cup shortening | 1/2 tsp. baking powder |
| 2 eggs | 1/4 cup thick jam |
| 1 tsp. vanilla | 1 cup C&H Powdered Sugar |

Cream together sugar, lemon peel, butter and shortening. Beat in eggs, vanilla and almond extracts. Combine flour, salt and baking powder, stir into sugar mixture. Chill dough 1 hour. Preheat oven to 375°F. On floured board roll dough to 1/8" thickness. Cut Snow Flurries with 3" star cookie cutter. Bake on ungreased cookie sheet 8-10 minutes until lightly browned. Cool on rack.

Sandwich 2 stars together with 1/4 teaspoon jam, with points of stars off-angle. Sprinkle powdered sugar generously over assembled cookies. Set 30 minutes.
Makes 30 Snow Flurries.



FRESH FROM HAWAII.

ALL THE TRIMMINGS. NONE OF THE TROUBLE.



For people who put on holiday parties, it's hardly a holiday at all. There's no time to plan. No time to cook. No time to relax. If you want to make it easier on yourself, visit your nearby Lucky.

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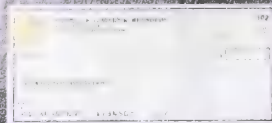
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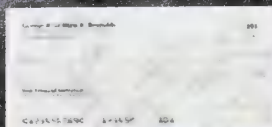


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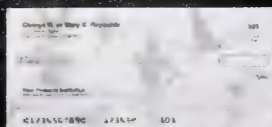
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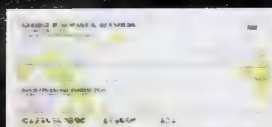
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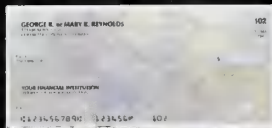
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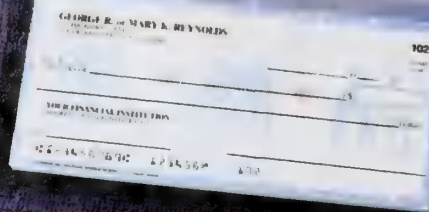


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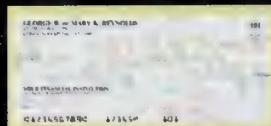
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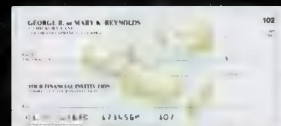
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ask for operator 82 (6 a.m. to 6 p.m. Mountain Time).



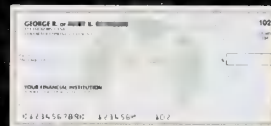
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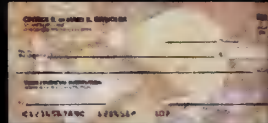
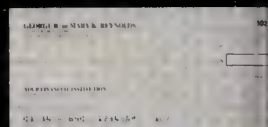


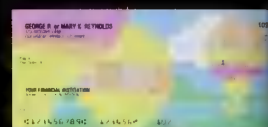
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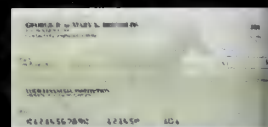
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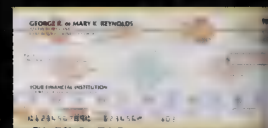
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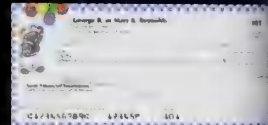
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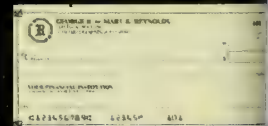
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microwaveproof dish. Cover with a paper towel and microwave on High 5 minutes, stirring once.) Makes 16 servings.

Nutrition info per serving: 60 calories, 4 gm fat, 2 gm protein, 4 gm carbohydrates, 147 mg sodium, 10 mg cholesterol.

MIC-GLAZED PEARL ONIONS

Get the sweetest flavor from the onions. Cook them carefully so they don't burn. Balsamic vinegar is a dark, aged-in-wood vinegar with a rich flavor.

Prep time: 30 minutes
Cooking time: 10 to 15 minutes

1 1/2 cups pearl onions
2 tablespoons butter or margarine
1 cup chicken broth
1/4 cup balsamic vinegar
1/2 cup sugar
1/2 teaspoon thyme
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper

In medium saucepan combine onions and water to cover. Bring to a full boil. Drain and rinse under cold water. Peel onions. In large skillet melt butter or margarine over medium-high heat. Add onions and remaining ingredients. Cook, stirring occasionally, 10 minutes, until liquid is reduced to a thick glaze. (Can be made ahead.)

Cover and refrigerate up to 24 hours. Reheat onions in a medium skillet with 2 tablespoons water over medium heat until onions are hot and glaze becomes syrupy.) Makes 16 servings.

Nutrition info per serving: 35 calories, 2 gm fat, 1 gm protein, 6 gm carbohydrates, 71 mg sodium, 4 mg cholesterol.

CRAN-PEAR COMPOTE

Do you have a friend who always has an excuse for not cooking? Ask him to bring this dish.

Prep time: 5 minutes
Cooking time: 10 minutes

3 pears (1 1/2 lbs.), peeled and cut into 1-inch pieces
1 package (12 oz.) cranberries
1 cup sugar
1 cup water
1/2 teaspoon tarragon

In large saucepan bring pears, cranberries, sugar and water to a boil over high heat, stirring to dissolve sugar. Reduce heat to medium and simmer 10 minutes. Remove from heat. Add tarragon; cool. Refrigerate until chilled. (Can be made ahead. Cover and refrigerate up to 1 week.) Makes 4 1/2 cups.

Nutrition info per 1/4 cup: 75 calories, 0 gm fat, 0 gm protein, 19 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

HOLIDAY CORN BREAD

Cranberries and cornmeal team up for this festive, flavorful bread.

Prep time: 10 minutes plus standing
Cooking time: 30 to 35 minutes

1 cup cranberries
1/2 cup plus 2 tablespoons sugar
1 1/2 cups all-purpose flour
1 cup cornmeal
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs, beaten
1 cup sour cream
3 tablespoons butter or margarine, melted
1 tablespoon fresh lime juice

Preheat oven to 375°F. Grease a 9-inch square baking pan.

In food processor process cranberries with 2 tablespoons sugar until coarsely chopped. Let stand 20 minutes.

In medium bowl combine flour, cornmeal, remaining 1/2 cup sugar, baking powder, baking soda and salt; set aside. In large bowl combine eggs, sour cream, butter or margarine and lime juice. Stir in dry ingredients until just combined. Stir in cranberries. Pour into prepared pan. Bake 30 to 35 minutes, until golden brown and a toothpick inserted in center comes out clean. Cool on a wire rack 10 minutes. Remove from pan. Serve (continued)

■ THANKSGIVING

continued

warm. (Can be made ahead. Cool completely. Wrap tightly and store at room temperature up to 24 hours or freeze up to 1 month. Thaw at room temperature 3 hours. Reheat wrapped in foil in preheated 350°F. oven 30 minutes.) Makes sixteen 2-inch squares.

Nutrition info per serving: 170 calories, 6 gm fat, 3 gm protein, 25 gm carbohydrates, 212 mg sodium, 46 mg cholesterol.

ORANGE FENNEL SALAD

This salad is especially refreshing served after the entrée. Fennel is at its peak in November and is sometimes misnamed anise in the produce section.

Total prep time: 30 minutes

- 1 head Boston lettuce, torn
- 1 bunch watercress
- 1 bunch arugula
- 1 head Belgian endive, sliced
- 1 bulb fennel (1 lb.) or 3 celery ribs, sliced thin
- 6 oranges, peeled and sectioned

Dressing

- ½ cup salad oil
- 2 tablespoons anise-flavored liqueur
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped parsley
- ½ teaspoon salt

¼ teaspoon freshly ground pepper

In large salad bowl combine greens with fennel or celery and oranges. Just before serving, toss with dressing. Makes 16 servings.

Dressing: In jar with a tight-fitting lid combine all ingredients. Cover and shake well. (Can be made ahead. Store at room temperature up to 24 hours.) Makes ⅔ cup.

Nutrition info per serving: 80 calories, 5 gm fat, 1 gm protein, 9 gm carbohydrates, 104 mg sodium, 0 mg cholesterol.

PUMPKIN MAPLE MOUSSE

"Thread stage" is a test for doneness: when syrup dropped from a spoon or fork spins a 2-inch-long thread.

Prep time: 20 minutes plus freezing

- 1 cup pure maple syrup (no substitutions)
- 2 egg whites, at room temperature
- Pinch salt
- 1 cup canned solid-pack pumpkin
- 2 tablespoons bourbon
- ¾ teaspoon ginger
- ¾ teaspoon cinnamon
- 1 cup heavy or whipping cream

In saucepan bring syrup to a boil over medium-low heat. Cook until syrup reaches thread stage (225°F.-230°F. on a candy thermometer).

In mixer bowl beat egg whites and salt until stiff but not dry. Add hot

syrup in a thin, steady stream, beat constantly. Beat at high speed until mixture is completely cool.

In medium bowl combine pumpkin, bourbon and spices. Gently fold in third of the maple mixture, then pumpkin mixture back into remaining maple mixture.

In another mixer bowl beat cream until soft peaks form; fold carefully into pumpkin mixture. Spoon pumpkin mousse into a 1½-quart serving dish. Cover and freeze at least 2 hours overnight. (Can be made ahead. Cover and freeze up to 1 month.) Let stand at room temperature 15 minutes before serving. Makes 16 servings.

Nutrition info per serving: 110 calories, 6 gm fat, 1 gm protein, 15 gm carbohydrates, 23 mg sodium, 0 mg cholesterol.

CRANBERRY ALMOND TART

Hidden under the scarlet cranberry topping is an almond filling. The tart maven will enjoy making this one.

Prep time: 45 minutes plus cooling

Baking time: About 40 minutes

Shortbread Crust

- 10 tablespoons butter, softened
- 6 tablespoons confectioners' sugar
- 1½ cups all-purpose flour

Filling

"Torse White" by
Haviland
Fairfield, NJ

"Primavera" by
Taitù
Dallas, TX

"due Red" by
Taitù
Dallas, TX

"Polygon Myk
Rosenthal Studio
New York

For spotless china, Casca

cup butter, softened
cup almond paste
cup granulated sugar
egg
teaspoon vanilla extract
teaspoon grated lemon peel
teaspoon salt

cup granulated sugar
cups cranberries, divided
teaspoons cornstarch

Bread Crust: Preheat oven to 350°F. In mixer bowl cream butter and confectioners' sugar until light and fluffy. Gradually add flour, beating until well combined. With lightly oiled fingers press dough into a 10-inch tart pan with a removable bottom. Prick bottom of pastry with a fork. Bake 20 to 22 minutes, until very lightly golden. Cool on a wire rack.

Filling: In mixer bowl beat butter and almond paste until light and fluffy. Gradually add sugar until well combined. Beat in egg, vanilla, lemon peel and salt. Spread onto prepared pastry. Bake 20 minutes, until top of filling is lightly browned. Cool on wire rack.

Pastry: Meanwhile, in medium saucepan combine sugar and 6 tablespoons water. Bring to a boil; reduce heat and simmer until sugar is dissolved. Add 1 cup cranberries. Simmer

5 minutes. In cup dissolve cornstarch in 2 tablespoons water; stir into cranberry mixture. Bring to a boil; reduce heat and simmer, stirring, 2 minutes. Fold in remaining 1 cup cranberries. Cool completely.

Spoon cranberry topping over tart. Refrigerate at least 4 hours. (*Can be made ahead. Cover and refrigerate up to 24 hours.*) Remove from tart pan. Makes 16 servings.

Nutrition info per serving: 190 calories, 11 gm fat, 2 gm protein, 22 gm carbohydrates, 134 mg sodium, 42 mg cholesterol.

RUM PECAN PIE

A classic pie that no holiday table should be without. Dark rum is a must.

Prep time: 25 minutes plus chilling

Baking time: About 1 hour

Pastry

1½ cups all-purpose flour
¾ teaspoon salt
¼ cup butter or margarine
¼ cup shortening
4 to 5 tablespoons ice water

Filling

2 eggs, lightly beaten
¾ cup firmly packed brown sugar
¾ cup corn syrup
¼ cup dark rum
2 tablespoons butter or margarine, melted

1 teaspoon vanilla extract

2 cups toasted pecans

Pastry: In bowl combine flour and salt. With a pastry blender or 2 knives, cut in butter or margarine and shortening until mixture resembles coarse crumbs. Sprinkle on water a tablespoon at a time, tossing with a fork until pastry is moist enough to hold together. Shape into a ball. Cover and refrigerate 1 hour or overnight.

Preheat oven to 425°F. On lightly floured surface roll pastry into an 11-inch circle. Line a 9-inch metal pie plate with pastry. Trim and flute edge. Freeze 15 minutes. Line pastry with foil and fill with uncooked rice or dried beans. Bake 10 minutes. Remove foil and rice or beans and continue baking 10 to 12 minutes. Cool on a wire rack. Reduce oven temperature to 350°F.

Filling: In medium bowl combine all ingredients except pecans. Fold in pecans. Pour into pie shell. Bake 45 to 50 minutes, just until set. Cool on wire rack. (*Can be made ahead. Cover and store at room temperature up to 24 hours.*) Makes 8 servings.

Nutrition info per serving: 570 calories, 35 gm fat, 6 gm protein, 62 gm carbohydrates, 336 mg sodium, 92 mg cholesterol.

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.



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getting the
most from
this month's
recipes



For 105 years, *Ladies' Home Journal* has been dedicated to providing first-rate recipes as well as up-to-the-minute information on food trends that reflect our changing lifestyles. To ensure that our recipes meet the highest standards for flavor, nutrition, appearance and reliability, we test them a minimum of three times in our own kitchen. That makes for quality you can count on.

be a better baker

In celebration of national yeast month, here are four no-fail hints for successful yeast baking (count on them when you create our Gugelhupf, page 206):

■ Always check the expiration date on the yeast package before using. To proof the yeast, dissolve in lukewarm water (105° F. to 115° F.) with 1 teaspoon of sugar. If it foams after a minute or two, it's active.

■ If your kitchen doesn't have a warm cupboard for the dough to rise in, place the dough on the top rack of an unlit oven and put a pan of hot water on the shelf below. Or put the dough in a plastic bowl, cover with a towel and place on a heating pad set on low.

■ Can't tell if the dough has doubled in bulk? Test the volume by pressing two fingertips lightly and quickly ½ inch into the dough. If the indentations remain, the dough has risen enough.

■ Keep yeast (regular and quick-rising) fresh by storing in a cool, dry place or the refrigerator. If refrigerated, bring yeast to room temperature before proofing. For any other yeast questions you may have, call the Fleischmann's Yeast Hotline, 800-227-6202, weekdays between 10 A.M. and 9 P.M. EST.

know your MICROWAVE

Our microwave recipes were tested in 650- and 700-watt ovens. For the best microwave results, it helps to know the wattage of your oven. If the manufacturer's manual doesn't tell you, determine the wattage yourself by bringing 1 cup of tap water to a boil in a 1-cup glass measure. It will take 2½ to 3 minutes in a 600- to 700-watt oven, 4 minutes in a 500- to 600-watt oven. Since your oven may take more or less time to cook than ours do, always check food after the minimum time stated in the recipe and adjust as necessary for desired results.

join the CALIFORNIA RAISINS fan club

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turkey HOTLINE

■ If you have any questions about turkey preparation, take advantage of the Butterball Turkey Talk-Line, 800-323-4848. Forty-four turkey experts will help you cope with holiday cooking catastrophes. Call from November 1 through November 23, Monday through Friday, 8 A.M. to 8 P.M. CST; November 19 and 20, 8 A.M. to 6 P.M. CST; Thanksgiving Day, 6 A.M. to 6 P.M. CST.

recipe index

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ARMONA, CA

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Consumer letter on file



ELLEN MARRAM

One smart cookie

■ As president of the Nabisco Biscuit Company, she heads a \$2 billion sales operation. Marram, 41, is one of the few women

h wide-ranging, high-level responsibility at a major corporation. She's among those leading the next generation of CEOs.



LOUISE R. MCNAMEE

It pays to advertise

■ At 38, she's the president of the Della Femina, McNamee WCRS agency, with annual billings of \$600 million. Named *Ad*

gazine's 1988 Woman of the Year, she says advertising is crazy and frantic, and a great deal of fun."



BARBARA McCLINTOCK

Triumphant scientist

■ Her genetic research was considered ill founded by her colleagues—until she received the 1983 Nobel Prize for medicine. To

research with corn is considered the n for all modern genetics. At 86, she says her work. "I've just been so interested in what I was doing that I never thought of it," she says.



BARBARA MIKULSKI

From social worker to senator

■ A progressive with a strong record on health care, she's the first Democratic woman ever to

both houses of Congress. Mikulski, 52, says being an advocate for the people."



MARY MOORE

On top of the ad world

■ An advertising megastar, she brings enormous energy to her new post as vice-chairman and chief creative officer of Wells, Fargo & Co.

ene/Worldwide. Moore, 44, has won four major advertising awards. "In twenty years I've never been bored," she says.



TONI MORRISON

The sharpest eye

■ One of the most powerful chroniclers of the American black experience, she became a writer full-time only recently. Un-

til then, Morrison, 57, the author of five novels, including *The Bluest Eye* and *Song of Solomon*, had also worked as an editor and teacher. "Writing was like a dirty habit, something done in secret," she says. No longer. She won the Pulitzer Prize this year for *Beloved*.



CONSTANCE BAKER MOTLEY

Seeking justice for all

■ This 67-year-old federal district court judge began her career as an NAACP lawyer and was involved in virtually every

important civil-rights case over two decades. The first black woman appointed to the federal bench, she also was the first black woman elected to the New York State Senate. She says, "I am proving in everything I do that blacks and women are as capable as anyone."



IRENE NATIVIDAD

Finding top women for top posts

■ As chair of the National Women's Political Caucus, she's dedicated to helping women hold political of-

fice. She's also spearheading this year's Presidential Appointments Project, a bipartisan effort to create a talent bank of women qualified for Cabinet posts. A native of the Philippines, Natividad, 40, says it's satisfying "knowing that for a brief point in time you made a difference."



MARTINA NAVRATILOVA

Serving up excitement

■ She first picked up a tennis racket at age five and has since picked up \$12 million in prize money—more than any other

player, man or woman. Navratilova, 32, holds eight Wimbledon and four U.S. Open singles titles, two French and three Australian Championships, and the record winning streak of seventy-four straight matches. "In tennis you have to be arrogant yet humble," she says. ▶

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MARIA NEW

A healer of children

■ "I get incredible satisfaction that what I do can make a child well." As chief of pediatrics at the New York Hospital-Cornell

enter, New, 58, oversees the largest intensive-care unit in the Northeast. A r in pediatric endocrinology, she also icted breakthrough studies on hyper- and hormonal disorders in children.

HOLMES NORTON

n, 51, has devoted her life to civil e began her career in 1965 with ican Civil Liberties Union, and she he Equal Employment Opportunity on under President Carter. She's rofessor of law at Georgetown y for six years. "It is difficult to ing your living thinking and writing ojects that matter to you."

DAY O'CONNOR

rst woman associate justice of the eme Court, O'Connor, 58, says, "My a justice is always fascinating, and like that of each of my colleagues, ounts in the process of deciding at legal issues."

MARY ROSE OAKAR

Her place is in the House

Thanks to her efforts, Medicare coverage of mammography testing was included in the catastrophic-health-care bill passed . "I think it's an extension of our to care about people," says Oakar, d twelve years ago as the first Demo- gresswoman from Ohio.

PAULEY

popular co-anchor of NBC's *Today* twelve years, Pauley, 38, has y traveled the globe to interview oliticians and the Pope. "I find the wim immediacy of my work ng and thrilling," she says.

JUDITH PEABODY

Hands-on humanitarian

■ At the pinnacle of New York society, she's also a leader in the fight against AIDS. In addition to her intensive fund-raising and efforts, Peabody is a volunteer care-

partner to ten people with AIDS. "These friends have given me unforgettable lessons in courage and determination," she says.



DADIE PERLOV

In the service of others

■ As executive director of the National Council of Jewish Women, Perlov, 59, oversees the activities of the organization's 100,000 members, with a special focus on women's and children's issues. "Working at the cutting edge of social change provides a chance to truly make a difference," she says.



CLAIRE RANDALL

Seeking religious unity

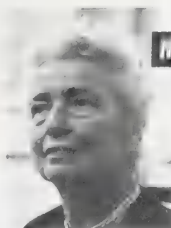
■ "I like to give my energy to activities that affirm the oneness of humankind," says Randall, 69, president of Church Women United, a national movement of Protestant, Roman Catholic and other Christian women. For forty years she has worked to strengthen ties among Christian churches.



PATRICIA BLAU REUSS

Wielding clout for women

■ Reuss, 46, has been a successful lobbyist on behalf of women's economic rights. As legislative director of the nonprofit Women's Equity Action League since 1979, she is proudest of the fact that "now the whole world is talking about child care, something only a handful of us cared about when the women's movement first started. I feel that people are really listening and learning."



MATILDA WHITE RILEY

A student of human behavior

■ During her exceptional career in behavioral research, Riley, 77, has studied all stages of human development, with a special focus on aging and the elderly. A former president of the American Sociological Association, she says, "My commitment is to enhancing the level of excellence in science."

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BERNICE RESNICK SANDLER

The equalizer

■ She's been director of the Association of American College's Project on the Status and Education of Women since 1971, ex-
such issues as bias against women in
giate sports. "Having a chance to help
change their policies so that women's
improved is immensely satisfying,"
dler, 60.



DIANE SAWYER

Style and substance

■ "My job is to be a
scout—an explorer bring-
ing back news from the
other side of the moun-
tain." The only female cor-
nt and co-editor on CBS-TV's top-rated
tes, the glamorous Sawyer, 42, has
on life inside Iran, among her many
ing assignments.



PATSY SCHROEDER

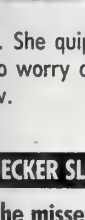
most senior woman in Congress,
er, 48, says the best part of her job
ing through the bureaucracy and
ues that sometimes get ignored."
radox Democrat has introduced the
nd Medical Leave Act, providing
es job-protected family leave.



MURIEL SIEBERT

Financial whiz

■ The first woman to own
a seat on the New York
Stock Exchange and the
owner of her own firm,
Siebert, 56, was also a
member of the Women's Forum, a
p organization. "I get great satisfac-
using my position to help people."



BEVERLY SILLS

From diva to director

■ Sills, 59, was New
York City Opera's most
highly acclaimed soprano
and general director; she
will soon lead its board of

She quips, "Now I have many prima
to worry about." Next challenge: a TV
y.

DECKER SLANEY

he missed the '76 Olympic games
of injury and the '80 games

because of the U.S. boycott, Decker, now 30,
is considered the greatest middle-distance
runner of all time. "When I run, I feel that
this is what I should be doing," she says.



OLYMPIA J. SNOWE

Women's Maine chance

■ Representing Maine,
ten years ago she was the
youngest Republican wom-
an to be elected to the
House. She co-chairs the
Congressional Caucus on Women's Issues. "If
women officeholders don't make these issues a
priority, who will?" says Snowe, 41.



DANIELLE STEEL

A life of romance

■ The most popular au-
thor writing today, she
stays on the best-seller list
for years at a time. And in
addition to writing her
novels of romance and adventure, Steel, 41, is
the mother of nine children. "I am amazingly
lucky to have two full-time jobs that I love,"
she says. "I am doing exactly what I want."

DAWN STEEL

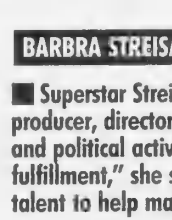
■ As president of Columbia Pictures, she's
the highest-ranking woman executive in
Hollywood. Steel, 42, has been responsible
for megahits like *Fatal Attraction* and *Top
Gun*. "I want to make strong commercial
movies that also have artistic merit," says
this former sportswriter. "The two aren't
mutually exclusive."



MERYL STREEP

The serious screen star

■ Arguably America's fin-
est film actress today,
Streep, 38, continues to
select roles—often of un-
attractive characters—
that present the greatest challenge to her acting
ability. "I think you only become a star if you
want it," she says. "But I don't want it."



BARBRA STREISAND

■ Superstar Streisand, 46, has excelled as a
producer, director, songwriter, actress, singer
and political activist. "There's a real
fulfillment," she says, "when you use your
talent to help make the world a better place." ►



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■ Perhaps more than any other star, she epitomizes classic Hollywood glamour. But there is substance beneath the style; Taylor has won two Oscars, and she serves with great dedication as the national chairman of the American Foundation for AIDS Research. She has shown personal courage as well, conquering addictions to alcohol and prescription drugs. Now, at 56, she says, "There's a wonderful world out there for me."

TWYLA THARP

■ Tharp's choreography has been seen around the world. Now 47, she has created more than eighty works for stage, film and television. Recently appointed artistic associate of the American Ballet Theater, she's likely to be center stage for some time.



HELEN THOMAS

First lady of news

■ Known as the dean of White House correspondents, UPI White House Bureau Chief Helen Thomas, 68, has covered every administration since President Kennedy's, with a career marked by notable firsts. And she's the first woman to close presidential news conferences with the traditional "Mr. President, thank you."

BARBARA TUCHMAN

Interpreting the past

■ Whether she's writing about medieval Europe or, in her latest book, the American Revolution, she makes an era seem immediate and alive. Historian Tuchman, 76, has written nine books, two of which won Pulitzers. "To find a principle of history in my source material is exciting, like finding a nugget of gold in a Klondike stream," she says.

ANNE TYLER

Extraordinary tales of ordinary life

■ She has earned critical and popular praise for the deceptively simple writing style of her eleven novels. Tyler, 47, lives in Baltimore, the setting of *The Accidental Tourist*, one of her most popular books.



KAREN UHLENBECK

The honors add up

■ Considered one of the finest mathematicians, male or female, she is visiting professor at the University of Texas at Austin. Uhlenbeck, 46, says, "Math is never boring; it's always challenging. I hope that one of my virtues as a teacher is communicating this to my students, especially my female ones."



LINDA WACHNER

Corporate star

■ Two years ago, Wachner spearheaded a successful takeover of Warnaco, the apparel giant that includes such names as Christian Dior, Geoffrey Beene, Olga and Hathaway. One of the very few women heading a Fortune 500 company, the 42-year-old president promptly reorganized the company and saved millions of dollars. "I'm having a wonderful time," she says.



BARBARA WALTERS

The interviewer's interviewer

■ She's interviewed every American president since LBJ and is renowned for getting her subjects to say more than they might have planned. "I would love to say that my life is gently beginning to shift away from my career," says Walters, 57. "But it isn't. It's busier than ever."



FAYE WATTLETON

Crusader for family planning

■ As president of Planned Parenthood Federation of America, the nation's oldest and largest voluntary family-planning group, in ten years she has influenced national policy in the sensitive areas of reproductive rights and family planning. "My satisfaction comes from my commitment to advancing a better world," says Wattleton, 44.

■ "I love what I do," she says, "challenging citizens to assume the risks and the responsibilities of democracy." An expert in both education and religion, Wexler, 62, has served for the past six years as president of the National Council of Christians and Jews.



MARINA

v.N. WHITMAN

Driving GM's image

■ As vice-president in charge of General Motors's public-affairs groups, Whitman, 53, oversees the giant company's relations with the government and media, a role she describes as "balancing the requirements of competitiveness and the burgeoning social demands placed on the corporation."



JILL WINE-BANKS

Paving the way

■ She's the first woman to be chief operating officer and executive vice-president of the American Bar Association, which has a budget of \$71 million. Wine-Banks, 45, says of her previous jobs, "I'm proud of being the first woman, but not the last."

OPRAH WINFREY

■ She turned a faltering local talk show into the hottest TV hour in Chicago. Two years later, she had the number-one talk show in the U.S. Oprah, 34, who was nominated for an Academy Award for her role in *The Color Purple*, supports many scholarships to benefit inner-city students who want to study the arts. Says Oprah: "Every day's a kick."



ROSALYN YALOW

Medical superstar

■ Winner of the Nobel Prize in 1977 for research that revolutionized diagnostic procedures, she received the National Medal of Science this year for her work to improve the medical care of war veterans. Renowned for her career in nuclear medicine, Yalow, 67, also has another mission: "To point out the positive good radiation has done, particularly diagnosing and treating disease." ■

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Q. I love wearing earrings, but I never know what style suits my face shape best. Are there any rules?

A. Earrings fall into four categories: studs, hoops, buttons and drops. If you have a small, delicate face, you can clip on anything but drops and long dangling earrings, which will be too overpowering. Round faces should stick with triangles, wing shapes and ovals—avoid round earrings, which will exaggerate the roundness. Have a square face? You'll look great in oval

or long earrings. If your earlobes are long, you need very large button earrings to cover the lobe and camouflage the length. Avoid dangling styles and hoops, unless the hoops drop from a button post or clip.

Q. I just bought a slim, knee-length black leather skirt, and although I love it, I'm not sure what to wear with it. I want it to work for the office, for nights on the town and on weekends. Any ideas?

A. Don't feel restricted by the fact that it's leather. Because the skirt is black and a classic shape, you can look sporty or elegant, depending on what you pair it with. For work,

team the skirt with a long tailored jacket, black leather pumps and sheer or opaque hose. Top it with a silk blouse and a slew of pearls or chains for a jazzy party outfit. With black turtle, a wide suede belt, ribbed hose and flats, the skirt becomes the perfect casual-but-finished ensemble. And with a hip-length pullover or big cabled sweater, knit tights, boots, it's right for movies or football games.

Q. I've finally decided to buy a top-quality leather handbag. Since I'm spending a lot more on it than I usually would, I want it to go with everything I have—I can't afford to make a mistake! Any hints?

A. First of all, your bag doesn't have to match all your shoes and accessories. A good rule is to go with anything neutral like black, beige, bordeaux or brown works with everything and practically seasons less. Look for a bag of supple, soft leather—be aware that shinier, finished-looking leather shows scratches more easily than matte looks. Textured leathers, such as moc-croc, reptile and ostrich, are fashionable and do show fewer scratches than smooth leather. However, be selective, since texture can mask inferior grade leather. Look for security attached hardware, especially buckles, snaps and magnetic closures. A synthetic leather lining is durable and easier to clean than cloth. Studs on the bottom of stand-up bags minimize scuffing. The newest handbags are more structured types that offer handles and a shoulder strap like the classic Hermes bag of Gu



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Kelly fame. Drawstring pouches and bucket-type bags in size are also on the most-wanted list. Choose a bag that offers security and organization options. Seek out one with a zip closure or long flap that magnet-locks, as well as interior zipper pockets, compartments and an inner key chain. Try the bag before you buy. Check the shoulder strap for adjustability and comfort, especially if you like to wear it across your chest. Be sure all must-haves like wallet, makeup case and eyeglasses fit in. As for the price, expect to pay \$100 to \$200 for a long-lasting well-made bag.

red Astaire-style trousers that combine easy fit and . Try them in gray flannel or black gabardine or twill. figure-friendly are the new tulip skirts with soft drapes ont (see page 32), which fudge bulge at hips, thighs, ny and derriere. Remember that long over short is your suit proportion and that shoulders should always be ed with pads to balance your look. Count on anything calls attention to upper body, such as blouses with ch cuffs, wrapped necklines, cowl necks or turtles, ky necklaces and earrings, a bright sweater or jacket

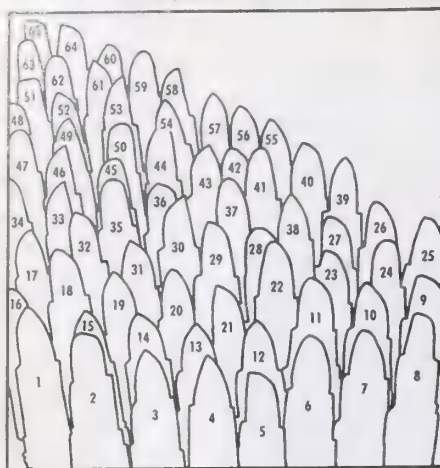
A. Before you commit to using a personal shopper, find out if there is a charge. Most department stores provide personal shoppers for free, but some stores charge a one-time fee of \$50 or less, applied toward purchase. Make a list before consulting with a personal shopper about what you want, what you need, what you feel most comfortable wearing.

A. Try new clothing combinations—wear a black skirt from an old suit with a bright sweater (red, yellow, orange, lime green) you usually save for weekends. Add modern definition to any outfit with black opaque hose and black pumps or flats. Or team different patterns, such as



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plaids, checks and pinstripes. This is a perfect opportunity to be more adventurous. Mix casual and sporty styles. Try a classic plaid or herringbone jacket with a plaid or denim shirt instead of a white blouse. Belt long, oversize sweaters and jackets for more body definition, buy some bright, inexpensive chiffon scarves to tuck in jacket pockets, tie around ponytails or wear at neckline for a quick color jolt. Keep in mind that color is the big news this fall and winter, so if you team jazzy hues with each other or with black, you'll look up-to-the-minute.



LIPSTICK (page 190)

1. Estée Lauder ReNutriv All-Day Lipstick—Power Pink 2. Ultima II Couture Lipcolour—Spectacular Red 3. Revlon Super Lustrous Lipstick—Revlon Red (Creme) 4. Covergirl Continuous Color Lipstick—Red Royale 5. Prescriptives Demi-Matte Lipstick—Thrilling 6. Revlon Super Lustrous Lipstick—Diamond Lilac 7. Revlon Super Lustrous Lipstick—Frosted Brownie 8. Gale Hayman Beverly Hills Treatment Lipcolor—Blush Pink 9. Maybelline Long Wearing Lipstick—Orchid Frost 10. Maybelline Moisture Whip Nourishing Lipstick—Porcelain Rose 11. Max Factor Moisture Rich Lipstick—Pink Blush (Creme) 12. Revlon Super Lustrous Lipstick—Love that Pink (Creme) 13. Revlon Super Lustrous Lipstick—Fire & Ice (Creme) 14. Revlon Super Lustrous Lipstick—Magenta Del Ray (Creme) 15. Revlon Super Lus-

trous Lipstick—Certainly Red (Creme) 16. Gale Hayman Beverly Hills Treatment Lipcolor—Richly Red 17. Almay Moisturizing Lipstick—Really Red 18. Revlon Moon Drops Lipstick—Red Pagoda 19. Revlon Super Lustrous Lipstick—Revlon Red (Creme) 20. Revlon Super Lustrous Lipstick—Revlon Red (Frost) 21. Revlon Super Lustrous Lipstick—Revlon Red (Creme) 22. Yves Saint Laurent Fard A Levres #51 23. Avon Satin Smooth Lipstick—Pink Parfait 24. Avon Color Rich Lipstick—Pink Positive 25. Maybelline Moisture Whip Nourishing Lipstick—Peppermint Ice 26. Covergirl Luminesse Satin Finish Lipstick—Silk Champagne 27. Covergirl Continuous Color Lipstick—Tea Rose 28. Revlon Super Lustrous Lipstick—Orchid Illusion (Frost) 29. Yves Saint Laurent Fard A Levres—#46 30. Shiseido Moisture Mist Lipstick—Positive Pink 31. Covergirl Continuous Color Lipstick—Really Red 32. Princess Marcella Borghese La Moda Concentrated Lipcolour in Amerista 33. Chanel Super Hydrabase Creme Lipstick—Blue Flame 34. Max Factor Colorgloss—Hint of Orchid 35. Chanel Super Hydrabase Creme Lipstick—Golden Rose 36. Ultima II Advanced Formula Lipstick—Natural Red 37. Yves Saint Laurent Fard A Levres—#57 38. Avon Satin Smooth Lipstick—Porcelain Pink 39. Yves Saint Laurent Fard A Levres—#48 40. Estée Lauder Featherproof Lipstick—Waterlily Pink 41. Charles of the Ritz Perfect Finish Lipstick—Precious Violet 42. Prescriptives Demi-Matte Lipstick—Valentine 43. Chanel Super Hydrabase Lipstick—Coco Pink 44. Lancôme Hydra-Riche Hydrating Creme Lipcolour—Pink Serenade 45. Christian Dior Lipstick—Indian Red 46. Chanel Super Hydrabase Creme Lipstick—Red Dragon 47. Chanel Super Hydrabase Creme Lipstick—Runway Red 48. Shiseido Moisture Mist Lipstick—Gallant Red 49. Shiseido Moisture Mist Lipstick—Scarlet Red 50. Christian Dior Lipstick—Indian Red 51. Shiseido Moisture Mist Lipstick—Midnight Red 52. Max Factor Lasting Color Lipstick—Sequin Red (Perle) 53. Chanel Super Hydrabase Creme Lipstick—Laser Pink 54. Max Factor Moisture Rich Lipstick—Pink

trous Lipstick—Certainly Red (Creme) 16. Gale Hayman Beverly Hills Treatment Lipcolor—Richly Red 17. Almay Moisturizing Lipstick—Really Red 18. Revlon Moon Drops Lipstick—Red Pagoda 19. Revlon Super Lustrous Lipstick—Revlon Red (Creme) 20. Revlon Super Lustrous Lipstick—Revlon Red (Frost) 21. Revlon Super Lustrous Lipstick—Revlon Red (Creme) 22. Yves Saint Laurent Fard A Levres #51 23. Avon Satin Smooth Lipstick—Pink Parfait 24. Avon Color Rich Lipstick—Pink Positive 25. Maybelline Moisture Whip Nourishing Lipstick—Peppermint Ice 26. Covergirl Luminesse Satin Finish Lipstick—Silk Champagne 27. Covergirl Continuous Color Lipstick—Tea Rose 28. Revlon Super Lustrous Lipstick—Orchid Illusion (Frost) 29. Yves Saint Laurent Fard A Levres—#46 30. Shiseido Moisture Mist Lipstick—Positive Pink 31. Covergirl Continuous Color Lipstick—Really Red 32. Princess Marcella Borghese La Moda Concentrated Lipcolour in Amerista 33. Chanel Super Hydrabase Creme Lipstick—Blue Flame 34. Max Factor Colorgloss—Hint of Orchid 35. Chanel Super Hydrabase Creme Lipstick—Golden Rose 36. Ultima II Advanced Formula Lipstick—Natural Red 37. Yves Saint Laurent Fard A Levres—#57 38. Avon Satin Smooth Lipstick—Porcelain Pink 39. Yves Saint Laurent Fard A Levres—#48 40. Estée Lauder Featherproof Lipstick—Waterlily Pink 41. Charles of the Ritz Perfect Finish Lipstick—Precious Violet 42. Prescriptives Demi-Matte Lipstick—Valentine 43. Chanel Super Hydrabase Lipstick—Coco Pink 44. Lancôme Hydra-Riche Hydrating Creme Lipcolour—Pink Serenade 45. Christian Dior Lipstick—Indian Red 46. Chanel Super Hydrabase Creme Lipstick—Red Dragon 47. Chanel Super Hydrabase Creme Lipstick—Runway Red 48. Shiseido Moisture Mist Lipstick—Gallant Red 49. Shiseido Moisture Mist Lipstick—Scarlet Red 50. Christian Dior Lipstick—Indian Red 51. Shiseido Moisture Mist Lipstick—Midnight Red 52. Max Factor Lasting Color Lipstick—Sequin Red (Perle) 53. Chanel Super Hydrabase Creme Lipstick—Laser Pink 54. Max Factor Moisture Rich Lipstick—Pink

MASCARA (page 194, left to right)

1. Chanel Luxury Creme Mascara—Luxury Brown 2. Factor Legendary Lash Mascara—Black 3. Max Factor Super Lashmaker Mascara—Black 4. Coty Thick Healthy Disposable Mascara—Turquoise 5. Gale Hayman Beverly Hills Dramatic Lash Mascara—Ultra W 6. Yves Saint Laurent Automatic Mascara—#1 7. Revlon Superlustrous Mascara—Glamorous Great 8. Covergirl Thick Lash 2—Cobalt Blue 9. Maybelline Waterproof Expert Eyes Mascara—Black 10. Maybelline Magic Mascara—Velvet Black 11. L'oreal Lash Mascara—Cobalt Blue 12. Covergirl Professional Mascara—Sapphire 13. Maybelline Blooming Colors Mascara—Pink Fizz 14. Yves Saint Laurent Automatic Mascara—#9 15. Covergirl Marathon Mascara—Navy 16. Maybelline Great Lash Mascara—Royal Blue 17. Factor No Color Mascara 18. Avon Lots O' Lash Mascara—Brown/Black 19. Princess Marcella Borghese Luxuriant mascara—Blue Noct 20. Ultima II Lash Mascara—Night Iris 21. Lancôme Aquacils Waterproof Mascara—Lugon 22. Christian Dior Dior Waterproof Mascara—Brown 23. Maybelline Dior Lash Mascara—Black 24. Prescriptives Pure Color Mascara—Navy.

BLUSH (page 192)

1&2. Maybelline Brush/blush II—Seashell Pink/White Shimmer 3&4. Covergirl Blushmates—Plush Pink/White Pink 5. Coty Bare Blusher—Peach 6. Shiseido Mois-

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LADIES' HOME Journal

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for such splendid films as *Keys of the Kingdom* (1945), *The Yearling* (1946), *Gentleman's Agreement* (1947) and *Twelve O'Clock High* (1949). A recognized elder statesman of Hollywood, he is one of the last legends of the golden years that included such screen idols as Cary Grant, Fred Astaire, Jimmy Stewart, David Niven and Gary Cooper. All are gone except Stewart and Peck, and only Peck is still making movies. His latest film, *Old Gringo*, is out next month and co-stars Jane Fonda and L.A. Law's Jimmy Smits. Peck calls it "my best part in ten years." But the best part of all for Peck is simply living in elegant style at his Bel Air estate, tending to his trees.

"I can tell what people are thinking when I tell them my age and the fact that I'm raising a grove of trees that won't be in their prime for another forty years," he says. "But my answer to them is, there's not a moment to lose. I guess I'm a tree man."

Gregory Peck's garden is his serenity, his joy and, at times, his refuge. It was here that he retreated thirteen years ago, when told that his eldest son, Jonathan, a thirty-year-old television reporter, had killed himself—overcome by work, arteriosclerosis and a love affair that had gone awry.

For Gregory Peck, the loss of his son is a tragedy that will never go away. "It's just the worst thing that can happen to anyone," he says slowly. "It's on your mind every day. You never get over a thing like that. Something will remind you that he ought to be here, and he isn't, that he impulsively took the wrong way out."

"Afterward, I just walked or sat in the garden," he explains. "I had to endure it until it became a little more tolerable. And then, after a while, someone sent me a script, and I escaped by throwing myself into my work."

Peck has two other sons from his first marriage, to Greta Rice, which ended in 1954. Both Stephen, forty-two, a documentary film producer, and Carey, thirty-nine, a banking executive, have made Peck a grandfather. He has another son, Anthony, thirty-two, and a daughter, Cecilia, thirty, from his second marriage, to Veronique Passani, now in its blissful thirty-third year.

"There wasn't much humor in my first marriage, and there wasn't a whole lot in my childhood," Peck reflects. "I was alone a lot as a kid [his

parents were divorced], and a kid who spends a whole lot of time on his own simply has no habit of having fun or of conversation at home, of doing things together. I've found all that and more with Veronique and our new family."

A Parisian romance

Peck met Veronique, the French-born daughter of a White Russian mother and Corsican-Italian father, in Paris, when he was on his way to Italy to film *Roman Holiday* more than thirty-five years ago.

"We had lunch on the Left Bank in Paris at a bistro," he remembers. "She was nineteen, and I was thirty-six years old. She was a journalist, and I was immediately attracted to her." It was during his six months on the set of *Roman Holiday* that Peck was given a copy of the story Veronique Passani had written about him. Peck was impressed by her work. When he returned to Paris, he decided to ask her out.

"My marriage had gone bust," he recalls.



"I was feeling pretty damn sorry for myself. I was moping around Paris when I decided to call Veronique at the newspaper, and they broadcast it over the loudspeakers in the city room, and the typewriters stopped." He launches into his best French accent: "The speaker boomed, 'Mademoiselle Passani! C'est Monsieur Gregory Peck!' I could hear her heels clickety-clicking along the floor to the telephone."

That call led to one of the happy marriages in Hollywood.

"The main reason for the success of our marriage is Veronique. She is so smart and so unaffected and so natural and so funny."

The entertaining Veronique is a wonderful mimic who uses her talent to keep Peck from becoming morose or sullen.

"When I'm overtaken with my thoughts and think that something's very hard to deal with, she will pull off an imitation of me in a dark mood and suddenly I'll find myself laughing."

The love and affection is clearly mutual. "He is a man so rich in so many facets," says Veronique. "There is nothing small about him, ever. The more I know him, the more I adore him."

The Pecks have remained virtually inseparable since their wedding. Whenever Gregory is working on a picture, Veronique is there with him, as she was on the set of *Old Gringo*. Based on the novel about the Mexican



HIS FAVORITE LEADING LADIES

Gregory Peck has starred opposite some of the most beautiful and talented women in Hollywood and confesses it is very easy to fall a little bit in love with a leading lady. His favorites include his most recent co-star, Jane Fonda, along with Audrey Hepburn, Sophia Loren, Ava Gardner and the late Ingrid Bergman. He shares his fond memories of a few:

■ **Audrey Hepburn:** "Everyone on the set of *Roman Holiday* was in love with Audrey. We did that one picture together, and I think it was the happiest experience I ever had on a movie set. There was a lot of tender feelings that we projected onto the screen."

■ **Ingrid Bergman:** "She was warm, fantastically beautiful and very involved in her work. Ingrid also loved joking and clowning around. She and Hitchcock had a kind of flirting thing going on."

■ **Ava Gardner:** "We were pals. When I first worked with her, I was twenty-three, and she was so beautiful she took your breath away. Now, when I look back, Ava's is the most beautiful face I've ever seen. We're still friends. I just talked to her from London recently. She had a stroke, but she's doing very well."

Revolution by Harvard professor noted author Carlos Fuentes, the movie was directed by Luis Puenzo of Argentina, who won an Academy Award in 1985 for Best Foreign Film for *The Official Story*.

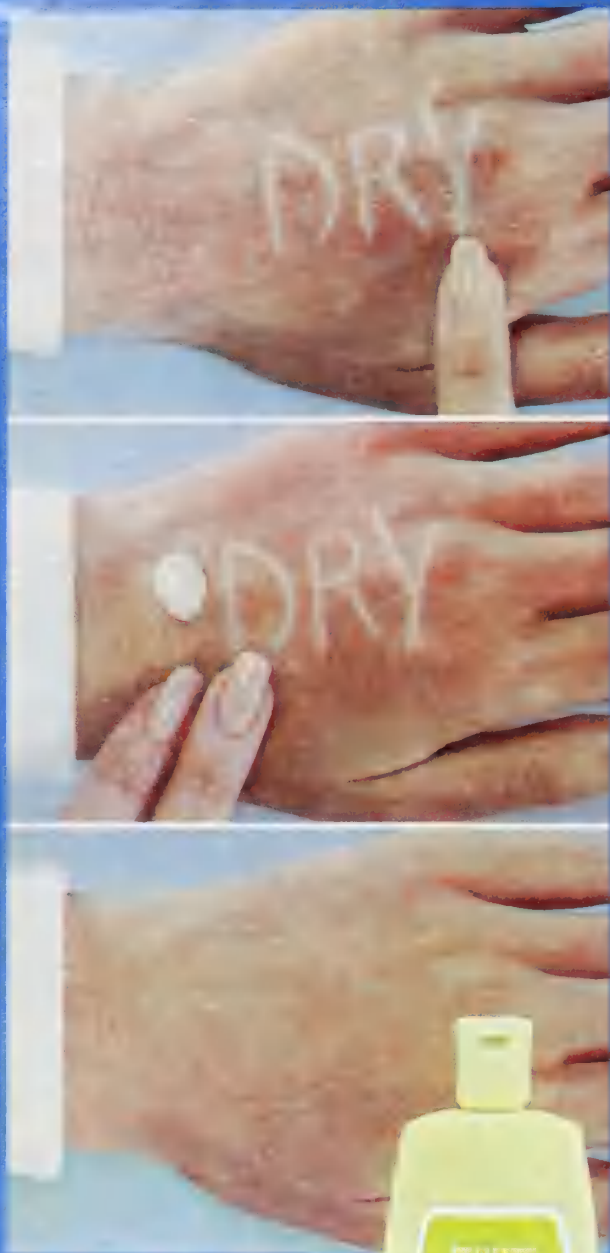
Peck was delighted to play the role of Ambrose Bierce, a caustic character who was a prominent columnist for Hearst newspapers around the turn of the century. (contin

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■ GREGORY PECK

continued

The movie imagines Bierce's life after he left the United States to observe the Mexican Revolution, which began in 1910. In the film, Bierce strikes up a relationship with Fonda, who plays an American spinster schoolteacher, and vies for her affection with Smits, who portrays a fiery young Mexican general.

"Ambrose Bierce is an old buzzard who is not quite through in the romantic department," Peck explains. "But Jimmy Smits is the real leading man. He's the one the girls will go after."

Surprisingly, the veteran actor confesses that he still had a touch of stage fright making the film.

"You have to recapture your confidence every time you arrive on a film set," he says. "I don't know anybody who doesn't. You're never quite sure if you can step up there and do it again. Each time you have to prove to yourself that you can."

Nonetheless, Peck was happy to be in front of the camera again. He calls his role in the \$25 million film a windfall and confesses, "I don't work much anymore. I don't want to do potboilers or a TV series, but with a thing like this, I couldn't resist. I could hardly wait to get to work."

"When the film finished in June, I was sad," he adds. "We all kept calling each other for weeks afterward."

Despite his warm feelings about the film, he won't speculate on how it will be received.

"I think it's bad luck to let yourself get too optimistic, but we hope we've done something extraordinary," he says. "I may just chuck it all if *Gringo* is as good as we all hope it will be. It would be rather nice to finish with a winner."

But then he stops and grins. "On the other hand, I think it's foolish to say I am retired. It's such a dull word. What do you do when you retire?"

Besides, how easy could it be to close the book on one of the most exciting and legendary careers in movie history?

His enduring legacy

Gregory Peck arrived in Hollywood in 1942 after successful runs in a number of Broadway productions and hit it big with his second film, *The Keys of the Kingdom*, the 1945 story of a valiant rebel priest in China. He followed up with a series of smash hits: *The Valley of Decision*, *Spellbound* and *Gentleman's Agreement*.

His heroic characters helped Peck attain the status of an American icon. But Peck laughs at the image, pointing out that he also portrayed some "out-and-out no-goods. I played a number of offbeat types. I had amnesia and was crazy in *Spellbound*. I played some pretty hard characters, like the one in *The Stalking Moon*." And though people are not likely to think of him as a comic actor, he enjoys getting laughs and did so in several of his films.

"I loved to do comedy," he says. "I did *Roman Holiday*, *Designing Woman* and *Arabesque*, and I wanted to do more, but Cary Grant did them all. I used to tell him I got lots of comedy scripts but they all had his thumb prints on them. I got all his rejects."

Son Anthony also has a flair for comedy and is following in his father's footsteps, as is Cecilia. Anthony, who appeared in the miniseries *Poor Little Rich Girl*, has wanted to be an actor since college, and Peck says he's a natural.

"He is far more at home with comedy than I am, because he is very funny in real life," says the proud father.

Anthony will soon be seen starring with Brooke Shields and Timothy Dalton in the film adaptation of the Brenda Starr comic strip. Off-screen, Tony "walks out," as his father charmingly puts it, with top fashion model Cheryl Tiegs—who has been in his life since they met at socialite

ecilia Guest's twentieth birthday party, in 1984.

graduating from Princeton with a degree in acting, it seemed she was set on a career as a playwright. But while working as a story editor at ABC-TV, she got the acting bug and went to drama school.

thumping crash suddenly halts the talk, and the double doors open at the end of the large living room.

s that you, Raj?" Peck calls, as the friendly face of a golden retriever appears around the pale cream and pink sofa. Raj, whose left foreleg is missing, sits awkwardly toward his obviously loved master.

Peck pats the dog's head and explains that Raj lost his leg after being hit by a car when he was a ten-month-old pup. "He's six now, and," Peck says, pointing to another retriever, "is Raj's daughter, Katou." He grins as he looks at the awkward Raj and adds, "Oh, he managed right. Didn't you, old chap?"

s both dogs lie contentedly at his feet, the Hollywood legend smiles and remarks that he has "a very nice life." Surrounded by mementos of his career and the love of his family, he admits to himself every day, "Gregory, you are a lucky man."

Journal Shopping Center

BEAUTY AND FASHION JOURNAL Page 28: Middle—jacket, Alcott & Andrews; blouse, Anne Klein II. Right—sweater, Giorgio Sant' Angelo Knits. Page 32: Top left—blouse, belt, Andrea Jovine. Top middle—sweater, Ballantyne; scarf, Hermès; belt, Johnny Farrah; glasses, Optic Zone; bag, Alcott & Andrews. Middle right—blouse, Calvin Klein; belt, Mishon Mishon; bag, Mark Cross. Middle—sweater, Anne Klein; bag, Mark Cross; Bottom right—shirt, Anne Klein; bag, Mark Cross.

ONE HUNDRED MOST IMPORTANT WOMEN Pages 47-56: Photos—Battle, Christian Steiner; Chambers, Mikel Yeakle; Cher, Geoffrey Croft/Outline Press; Julia Child, Paul Child; Dole, Michael Evans/Sygma; Edelman, Rick Reinhard; Estrich, Richard Sobol; Fenning, Alan Walker; Fisher, NASA; Fonda, Harry Langdon Photography; Frankenthaler, Robert Grobenieser; Gilligan, Lillian Kemp; Ginsburg, Paula Dart; Guggenheimer, Child Care Action Campaign; Hepburn, UPI/Bettmann Newsphotos; Horn, Bill Pappas; Jones, Bachrach; Joyner, Mitchell B. Reibel/Sportschrome; Joyner-Kersey, Iundt/Ruszniewski/Sportschrome; Kanter, Julie Houck; Kelly, United Methodist Board of Global Ministries; Kistakowsky, Georgia Litwack; Kroc, Stahl Photo-Graphics; Kushner, Linda Bartlett; Ellen Marram, Bachrach; McClintock, Herb Parsons; Morrison, Helen Marcus; Natividad, Michael Geissinger; Navratilova, Carol Newsom/Virginia Slims; O'Connor, Supreme Court of the US; Pauley, NBC; Peabody, Bill Cunningham; Randall, Church Women United; Reuss, Lee P. Thomas; Riley, Tom Jones; Sawyer, CBS News/60 Minutes; Shroeder, Jim Richardson/Denver Post; Slaney, Advantage International; Danielle Steel, Roger Ressmeyer; Streep, Eva Sereny/Sygma; Streisand, Trapper/Sygma; Taylor, Gary Bernstein; Tharp, Ken Duncan; Tuchman, Bert Verheoff; Tyler, Diane Walker; Uhlenbeck, Larry Murphy; Walters, ABC.

EASY AS 1-2-3 Pages 84 and 88: Plates, Frank McIntosh at Henri Bendel, NYC.

THE HIGH-ENERGY COOKBOOK Pages 154-158: Bowls, plate and origami platter, Contemporary Porcelain, NYC; flatware and glassware, Avventura, NYC; wire baskets, Zona, NYC.

MOST-WANTED MAKEUP Pages 192-193: Sweater, Kazmel/Kenar; sweater, Alain Manoukian; earrings, H. Stern; gloves, Grandoe.

BRING-A-DISH THANKSGIVING Pages 200-201: Glass dish with doily and cups, inset, Gear Stores, NY, NYC; coat, Ivy Koral Fashions, Kingston, NY; carving set, right, Royal Copenhagen/Georg Jensen Silversmiths, NYC; glassware, Simon Pearce, NYC; napkins and place mats, Pottery Barn, NYC. Pages 202-203: Pressed glass dish, left, and blue candlesticks, Metropolitan Museum Gift Shop, NYC; soup tureen, left, and gravy boat set, right, Gear Stores, NY; salad bowl, inset, Simon Pearce; serving pieces, right, Royal Copenhagen/Georg Jensen Silversmiths.

COUNTRY DESSERTS FROM AROUND THE WORLD Page 206: Antique stove, Ann-Morris Antiques, NYC.

FROM DISASTER TO A DREAM HOUSE Pages 170-171: Wyrick and Assoc., Greenwich, CT; First General Services of Fairfield County, Inc., Stamford, CT; Rutt Custom Kitchens, Goodville, PA; #2999/14 sofa in Lee Jofa fabric #865350, #279 chair and #100 ottoman in Gilliam fabric #1228-03-G, farmhouse table #16921-711, Welsh sideboard #16921-410, Essex butler's tray table #16931-110, Essex end tables #16931-205 from the Replicas 1800 collection, Thomasville Furniture Ind. Inc., Thomasville, NC; Lee

Jofa Inc., Carlstadt, NJ; Avenite, Sylmar, CA, 800-4-AVONITE; GE Monogram appliances and Spacemaker TV, GE Answer Center, 800-626-2000; Duette shades by Hunter Douglas, 800-4-DUETTE; lighting, Nulco Lighting Customer Service, P.O. Box 1328, Pawtucket, RI 02862, 401-728-5200; rechargeable flashlight, fire extinguisher, Black & Decker, Shelton, CT, 203-926-3000; antique pitchers, tureen, Charterhouse Antiques, NYC; art near chair by Ted Jeremenko, art near sofa by Rita Hicks Davies, Jay Johnson America's Folk Heritage Gallery, NYC; KitchenAid, Waring Blender®, Braun Citromatic, Krups coffee maker, spice rack, silverware, glassware, cookware, baskets, cookbooks, utensils, Williams Sonoma, NYC, 415-421-7900 (customer service), mirror, Paul Hanson Co., Carlstadt, NJ; black tote lamps, Muriel Karasik Antiques, NYC; Shaker quilt, Cynthia Beneduce Antiques, NYC; runner, Thomas K. Woodard, NYC; bowl, cup and saucer, place mats, napkins, Conran's, NYC; pillow, Antiquities, NYC; rug in sitting area, plates, pottery, copper tub and accessories, The Main Street Cellar Antiques, New Canaan, CT; yellow lamp, Lamps & Shades Unlimited, New Canaan, CT; flooring installed by Malcolm Matice of Trumbull, CT. Page 172-173: Sofa #2999/14, loveseat #2998/14, club chair #496, ottoman #497 in Lee Jofa fabric #865350, wing chairs #514 in Gilliam fabric #1228-03-G, oval dining table #21621-752, huntboard #21621-240, Windsor chairs #21621-845(side) and #21621-846(arm) from the Fisher Park collection, Queen Anne cocktail table #16931-155, sofa table #16931-720, Wethersfield tavern tables #16931-230 from the Replicas 1800 collection, Thomasville Furniture Ind. Inc.; Lee Jofa Inc., Carlstadt, NJ; floor lamp, Paul Hanson; table lamps, coal scuttle, fire tools, copper vase, The Antiques Center of New Canaan, CT; art between windows, by Ted Jeremenko, Jay Johnson America's Folk Heritage Gallery; marine painting above mantel, Smith Gallery, NYC; pitcher, Charterhouse Antiques; tray on table, blue chest, green bowl, The Main Street Cellar Antiques; wicker planters, Newel Art Galleries Inc., NYC; Iberia needlepoint rug, Patterson, Flynn & Martin, NYC; needlepoint pillows, Katha Diddel Home Collection for Twin Panda, NYC; shades, Duette by Hunter Douglas; dining room—chandelier, Nulco; model ship, San Francisco Ship Model Gallery, Inc., NYC; tureen, plates on wall, Charterhouse Antiques; sconces, blue table lamps, candlesticks, The New Canaan Antiques Center; paint, Benjamin Moore. Pages 174-175: Kitchen—cordless appliance, Black & Decker; flooring, Armstrong; Designer Solarian II "Mystic Court" #82090, color—Oyster, Armstrong; Lancaster PA; Rowenta toaster, Williams Sonoma; lighting, Nulco Lighting; herbs, Gilbert's Herb Gardens, Westport, CT; bedroom—bed, dresser, the Fisher Park collection, William and Mary highboy from From The Four collection, chair #468 in Lee Jofa fabric #804338, Thomasville; carpeting, Armstrong "Anything Goes! Plush #660-8571, color—Sand Silk, Armstrong; sheets, comforter, "Wyndham" by Martex, NYC; botanical print, Eagle Antiques, NYC; quilt on couch, the Main Street Cellar Antiques; rug, Stark Carpet, NYC; paint, Benjamin Moore. Page 176: Landscaping, Environmental Site Developers, Greenwich, CT; twig chair, Newel Art Galleries; throw rug, Thomas K. Woodard; paint, Benjamin Moore. Page 178: Fire extinguisher, Black & Decker; cooktop, Monogram front, GE; patio table, Triconfort, chairs, and table, Allibert, Ticonfort/Allibert, NYC; gas grill, Genesis II from Weber-Stephen Products, Palatine, IL, 800-323-7598; dinnerware, roaster, place mats, Conran's; barbecue utensils, Williams Sonoma.



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their differences, and they have lived together for the past several years, though they have not remarried.

It is obvious that Marina and the tall, soft-spoken Porter do care deeply for each other, and they are close to the children; Porter says Oswald's two daughters "think of me as their father." June, twenty-six, is a vice president of a Dallas construction company, and Rachel, twenty-five, who bears a strong resemblance to Oswald, is a student at a nearby university. Marina and her daughters have never talked much about the assassination, and when asked what effect it has had on the girls, she says briefly, "You'll have to ask them." But she adds, "Ken has done a good job raising them." The Porters' youngest child, Mark, twenty-two, the only one of her children who is married, works in a local garage. And this fall, Marina will become a grandmother.

Today, she spends most of her time taking care of her comfortable, roomy home, tending to her beloved plants and looking after the family dogs, Pal and Charlie. "I have a nice life," she says. "I love my life, and that Ken takes care of me. All I ever wanted was to be a wife and mother."

But the assassination is never far from her mind, and she spends hours thinking about its inconsistencies, as well as the man who is at the center of the puzzle.

"I loved him, and I grieved when he died," she says almost defiantly. "There's always a question asked of me: 'Did you love the man?' Yes, I loved him. They ask me, 'How can you love an assassin?' I didn't fall in love with the assassin, I fell in love with the man."

"But I would not portray him as a saint," she says quietly. "No way. But there was a good side to him. I knew quite a lot about literature and music; he loved P. G. Wodehouse. We shared certain things."

Marina's voice trails off, and it is a few moments before

■ MARINA OSWALD

continued from page 188

director, J. Edgar Hoover. "It's a proven fact that the man did not reveal all he knew about the assassination, that certain things had been covered up. Why?" The FBI was also eager to find out what, if anything, Marina herself knew. FBI agents who visited her implied that if she did not tell all she knew about the assassination, and her life in Russia, she might have problems staying in the United States.

"When I went to Washington to testify before the Warren Commission," she continues, "seven or more men met me; apparently they were all FBI. But when I shook hands with Mr. Hoover, who was with them, I was chilled from top to bottom. It was as if you met a dead person; he had a coldness like someone from the grave."

Marina, who says that Hoover kept her under surveillance for years, adds caustically, "J. Edgar Hoover knew everything. He knew when I was getting my next period, and when to send me my next boyfriend." In the year following the assassination, in reaction to her ordeal, Marina went through a period of going to a singles club, casual dating and having a few drinks on her nights out. During that time, she feels, some of the men with whom she had a relationship were FBI agents, and that she was watched closely so that if she ever changed her testimony about Oswald, the government would be able to discredit her.

But her marriage in 1965, to Dallas carpenter Kenneth Porter, brought a greater stability to Marina's life. The couple moved to a Dallas suburb, and within a year, she gave birth to Mark, her third child. However, because of continuing stress, Marina and her second husband had difficult times; they quarreled frequently and in 1974, the two were divorced. However, they eventually worked out

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speaks again. "Whenever Lee was hurt, I felt physical pain for him. With Kenneth, I don't feel that way. But I feel very comfortable. It's a different kind of love . . . When you're young you are more passionate.

After it happened," she continues, speaking slowly, "I had a very peculiar dream. There was a mob, and it was very dark, but there was a light from above. The mob was after Lee, and I felt that I had to protect him. And there was a ladder; you couldn't see the end of it. I felt so good that he went up it and was safe. They couldn't touch him." Marina acknowledges that that same protectiveness may be at the root of her need to find a new explanation for the assassination, and that she may be too willing to grasp at laws. "I have to be very, very objective, because I want to be innocent."

But at the same time, she says, she does not want another probe like the Warren Commission. "The dignitaries, these nice men in three-piece suits," she says, for the first time showing a trace of bitterness. "They never do anything wrong; I don't believe that anymore. I don't believe the government always tells people the truth. Maybe sometimes, though, the government will come to me and tell me the truth and say, 'I'm sorry, Mrs. Porter.'" Marina hopes, that the truth will be found by scholars when the Warren Commission materials are declassified.

Perhaps because she does not trust any government, Marina has never become an American citizen. But she is quick to say, "I do feel that I'm a good citizen. I love the American people. My neighbors and friends have been wonderful to me. Without them, I could not have survived after the assassination."

And any cynicism dissipates as soon as Marina is asked about John F. Kennedy. When she speaks of the slain president, his widow, and his family, it is apparent how much pain their suffering has caused her.

"I only want the Kennedys to have good health," she says. "No matter how rich or how poor you are, two women will feel the same way underneath. Jackie has her heartache, just as I have mine. I wish her well. When Caroline had her baby, I was tickled pink. I was hoping for a healthy boy, and I'm glad she had one."

She pauses and adds awkwardly, "I'll go to the grave believing that Lee adored John Kennedy. How do you think I learned to like John Kennedy?"

It is such inconsistencies that make Marina almost desperately eager to learn the whole truth about the assassination. As she stands in her neat kitchen, talking intently, it is clear she is still, after all these years, preoccupied with the event that changed a nation's history and permanently transformed her life.

"You know how the bark grows strong around the tree, but inside it's still very tender?" she asks, her voice becoming softer. "I'm broken inside, let's put it that way."

When I was questioned by the Warren Commission, I was a blind kitten. Their questioning left me only one way out: guilty. I made Lee guilty. He never had a fair chance. I gave that on my conscience. I buried all his chances by my statements. I drowned him.

But I was only twenty-two then, and I've matured since; I think differently," she says.

Look, I'm walking through the woods, trying to find a path, just like all of us. The only difference is, I have a little bit of insight. Only half the truth has been told. I want to find out the whole truth. It may be a bitter truth at the end for me. But I want the truth. In America, in this wonderful country, you should get the truth." ■

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nearly one third
of the smoke
detectors in
American homes
do not work.

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turn this page,
make sure yours
is working."



BREAST CANCER

continued from page 181

breast-cancer risk factors include:

- **Age** The older you are, the more likely you are to develop breast cancer. Those at greatest risk are fifty and over.
- **Family history** If your mother, grandmother or sister had cancer in both breasts before menopause, your risk is two to three times greater than if your close female relations did not.

● **Having already had a bout with breast cancer** Women who've had one malignant breast tumor are at the greatest risk for developing additional tumors, says Edward Scanlon, M.D., former chief of surgical oncology at Northwestern University School of Medicine.

● **Ethnic background** Women who are descendants of European Jews have a higher risk for breast cancer than most caucasians, according to the National Cancer Institute (NCI), in Bethesda, Maryland.

■ **Having your first full-term pregnancy after age thirty** Some studies have suggested that waiting to have your first child until after age thirty makes you two to three times more likely to develop breast cancer. But not everyone agrees. Scanlon is among those who believe more studies must be done before a link between breast cancer and late pregnancy can be confirmed.

Other apparent breast-cancer risk factors include being obese, having been exposed to a significant amount of radiation as a child, starting to menstruate before age twelve, and undergoing menopause after age fifty.

Prevention: diet and drugs

Though some of the risk factors listed here, such as heredity, are beyond a woman's control, there are preventive measures every woman can take. One is to watch what you eat. Some experts estimate that each year, between thirty

thousand and one hundred thousand cases of breast cancer in the United States are diet-related. "If you change your diet, you can reduce your breast-cancer risk," states Peter Greenwald, M.D., director of cancer prevention and control at the NCI.

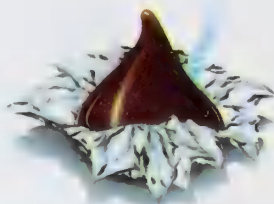
The problem with our diet, says Greenwald, is that it contains too much fat and too many calories. The average American consumes fully 38 percent of his or her total calories as fat, which is at least 8 percent above what most major health organizations advise.

Studies comparing American and Japanese women suggest that low fat consumption is only correlated with a lower breast cancer rate but doesn't affect the age at which the disease appears. "In Japanese women, breast cancer development peaks at middle age," says Angelos Papatestas, M.D., of the Department of Surgery at Mount Sinai Medical Center, in New York City. "But American women whose weight tends to increase with age, so does the risk of this disease."

What should we do about this? In addition to cutting back on calories and dietary fat, some researchers say we would be wise to include certain items in our diets. Further studies of Japanese women indicate that omega-3 oils found in fish may protect against breast cancer, says Greenwald. Although a protective link has yet been confirmed, he says it might be a good idea to include fish as part of a balanced diet.

Foods rich in vitamin A may also help prevent cancer. Michael Sporn, M.D., at the National Institutes of Health, has shown that compounds similar to vitamin A can stop the formation of breast tumors in animals treated with chemical carcinogens that cause breast cancer. And while more study is needed to confirm a link, Sigmund Weitzman, M.D., chief of oncology and hematology at Northwestern University School of Medicine in Chicago, among others, believes enough evidence exists to suggest it's smart to eat foods that contain beta carotene, which the body converts to vitamin A. Beta carotene

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ch foods include carrots and green and yellow vegetables.

Possible connections between breast-cancer risk and other factors—including birth-control pills and alcohol—have also been studied, with mixed results. "There's no evidence that birth-control pills increase the incidence of breast cancer," says Greenwald. (For more about cancer and birth-control pills, see "Health update: what every woman must know now," page 123.)

As for alcohol, Greenwald isn't as sure. "We know there's a connection between alcohol intake and head and neck cancer, but when it comes to breast cancer, study results conflict."

To be on the safe side, Greenwald recommends women consume no more than two ounces of alcohol per day.

When it comes to drugs, one promising cancer-prevention possibility involves a new use for tamoxifen. It is already used to treat many breast-cancer patients (it shrinks tumors that are dependent on the female hormone estrogen to grow). And doctors are planning soon to test whether tamoxifen can also prevent the formation of malignancies in women who are at high risk, such as those with a strong family history of breast cancer.

Screening: a three-pronged approach

Whatever a woman's individual risks and lifestyle habits, the way to screen for breast cancer is the same for everyone: monthly breast self-exams (BSEs), annual exams by a physician, and mammography. Screening is crucial, since detected in its early stages—when tumors have not spread to the lymph nodes—breast cancer is curable in 90 percent of women.

Though the three-pronged approach is most effective, it's not always followed. Many women resist checking their breasts because they say they can't tell whether their breasts feel different from month to month. Others are refused, afraid or simply lack confidence in their ability to perform effective breast self-exams. Whatever the reason, experts agree that women must move beyond their fears, since BSEs can save lives. (For more on BSEs, see page 242.)

Breast exams by a physician are also important; if your doctor does not routinely examine your breasts, you should definitely ask him or her to do so.

Third, many women skip having mammograms (special x-rays that enable doctors to spot tumors that are either too small to be felt with the hand or are located in hard-to-reach places). Estimates are that this screening method could save the lives of between 25 and 50 percent of women with breast cancer. Unfortunately, many of these women simply can't afford the test (prices for mammography range from \$50 to \$100 or more), and their health insurance often won't cover the bill.

However, some women will benefit from the catastrophic health insurance bill passed earlier this year. The bill allows Medicare to pay for routine mammograms for women sixty-five or older and disabled women.

Signs and symptoms: what to look for

What should a woman do if she does notice changes in the shape or appearance of one or both of her breasts? Since breast cancer can produce very diverse symptoms, experts advise women to have any change in their breasts checked by a physician.

The most common symptom of breast cancer is a lump or thickening. About 10 percent of women with breast cancer do have a discharge from their nipples—which may be clear, colorless, milky or bloody. Other symptoms can include dimpling or puckering of the skin—which may signal a tumor that is pulling the skin inward; scaly (continued)

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■ BREAST CANCER

continued

skin around the nipple; changes in skin color or texture including a stippling known as *peau d'orange* (the French term for orange peel); swelling (which can also occur premenstrually or be a sign of pregnancy); redness; heat in the breast; or enlargement of an underarm lymph node.

Biopsy: knowing your options

If you or your physician finds a lump in your breast—or a suspicious spot shows up on a mammogram—count on being referred for a breast biopsy. During a biopsy, the doctor will remove a small amount of tissue or fluid from the suspicious area and examine it for malignant cells.

There are several types of biopsy. One of the most common, called *needle aspiration*, is a simple, relatively painless procedure that's performed in your doctor's office. According to Weitzman, there's been some debate about how accurate needle-aspiration biopsies are. He suggests women ask their doctors whether the pathologist who will examine their specimens is used to working with the very small cell samples obtained by this method.

Other types of biopsy, performed under local or general anesthesia, include:

- **Core-cutting needle biopsy** During this outpatient procedure, a doctor uses a small scalpel to make an incision, then removes a core of tissue with a needle for examination.
- **Incisional biopsy** This type of biopsy, which requires a relatively large incision, is usually done in a hospital operating room or outpatient surgery facility. It allows the doctor to open the breast and look at the tissues while obtaining a sample.
- **Excisional biopsy** In this form of biopsy, the entire tumor is removed. The advantage: If cancer is detected, a woman may not need additional surgery.

Whichever kind of biopsy a woman has, if the results are positive—meaning she has cancer—she and her doctor will need to decide on a treatment regimen.

Treatment: a patient-doctor decision

Treatment depends to a great extent on how far the disease has progressed; in most cases, some form of surgery will be advised. There are several types of breast-cancer surgery: lumpectomy—removal of the tumor only; simple mastectomy—removal of the breast but not the lymph nodes; chest muscles; modified radical mastectomy—removal of the breast and lymph nodes; or the traditional (Halsted) radical mastectomy—removal of breast, lymph nodes and chest muscles.

A noninvasive tumor located within a milk duct may be treated with a simple mastectomy or a lumpectomy, sometimes followed by radiation.

Until just a few months ago, the same treatment would usually have been offered to a woman with stage-I cancer—that is, whose tumor is two centimeters or smaller and whose lymph nodes are free of cancer. However, last spring, the NCI announced that women with stage-I cancer may also benefit from chemotherapy or tamoxifen in addition to surgery.

Until recently, doctors have been unable to tell which node-negative patients are among the seven out of ten who will survive at least ten years after surgery without additional treatment. Thanks to a new test called flow cytometry, though, this is changing. Flow cytometry spots malignant tumors that contain lots of cells that are getting ready to divide and that have too much DNA—both bad signs. However, this test isn't widely available yet.

Women who have stage-II cancer—a two- to five-centimeter tumor that's node-negative or a smaller (*continued*)

FACESHAPING:

Surgery-free facelifting techniques to rescue sagging skin and control the signs of aging.

Good news for every man who is starting to notice tell-tale signs of aging on his face. Recently introduced in Europe is an ingenious electronic device that works on the principle of passive exercise.

In other words, this unit actively exercises your facial muscles back into condition without any active effort on your part. The battery operated device delivers a mild electric impulse to your muscles, causing them to gently contract and relax over and over again.

These units are still awaiting marketing approval in the United States by the FDA. They are available in Europe and Canada for about \$250.

Dubbed the "youth secret of the rich and famous," this treatment has allowed many a movie star of 50 to look 35, without needing a facelift operation!

Interestingly, the very best faceshaping results were obtained by combining the passive exercise unit with an active facial isometrics program.

This isometric program can be used effectively without the passive exercise unit. Research shows that the passive exercise unit was excellent for toning the upper-cheeks,



"When I was in my late thirties, I had already acquired a matronly, middle-aged profile. This was due mostly to the sagging of my lower facial muscles, particularly under my chin. Today at 42, I have restored the jaw and neck profile I had when I was thirty. I achieved this in less than six months".

— Meagan McLellan.

mouth and jawline. For the eye area, chin and neck, the isometric program was the winner.

How long before you see results? Improvements are seen within the first three weeks. But as with all exercise programs, these results are directly related to the time and effort invested. Also, once you have got your face and neck back into shape, you still have to maintain the exercise program three times a week to retain benefits.

What's the ideal age to start? Research shows that no woman is too old to benefit from either of these programs. Certainly, visible improvements can be seen no matter when you begin. And if you are under 35, remember that your youthful face won't last forever. A regular facial workout with an isometric program is an excellent

preventative against sagging skin and wrinkles.

The exercise program, which takes about 20 minutes, leaves the skin feeling stimulated and vibrant. This wonderful feeling is the result of the stimulation of peripheral blood vessels beneath your skin which helps give your skin a healthy, youthful glow.

In Canada, the McLellan Research Institute has just compiled all of its research on both passive exercise using the electronic device and facial isometrics into a newly published book called "Face Savers".

This book, an absolute must for anyone with droopy eyelids, sagging cheeks or jawline, double chin or flabby neck, contains 21 of the best facial isometric exercises. Detailed drawings help you understand the cause of your particular problem. The book is illustrated by over 75 photographs of top Canadian model Yanka, demonstrating each of the exercises.

If you have noticed a droopy laughline or sagging skin under your chin when you look at your face in the mirror, there is one thing you can be certain of - it's not going to get any better unless you do something about it.

Face Savers

A complete manual of facial isometrics
by Meagan McLellan



"Of course exercise can improve facial contours", says top Canadian model Yanka Van Der, pictured here. Yanka is also mother of 25-year old twins! "If muscles of the body can be toned by exercise, and we know can, then so can the muscles of the face."

Send for your copy today and look younger in 3 months!

Write today to receive "Face Savers" plus more information on passive exercise, including dramatic before and after photographs.

Dear Meagan: ☐ Yes! Please rush me a copy of **Face Savers**.

I want to do everything I can to keep my face looking younger! Send to:

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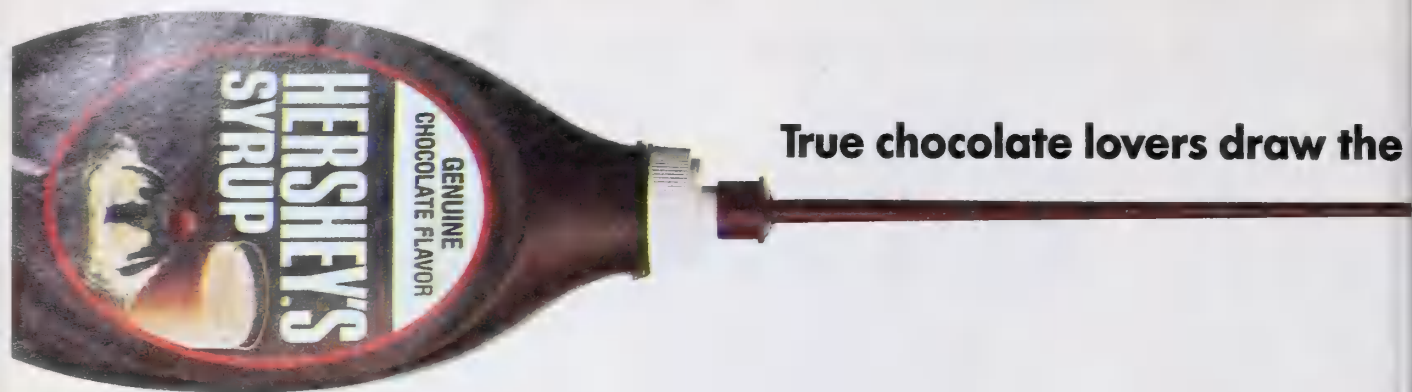
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"With faceshaping technology, no woman needs to contemplate a surgical facelift to achieve a younger looking face. People rarely come close to guessing that I am 42 years old. I just wish that every woman would take a few minutes a day to exercise her face. It can make such a difference!"

— Meagan McLellan



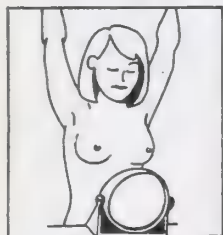
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True chocolate lovers draw the

Screening rules to live by

AT EVERY AGE:

Examine your breasts monthly using these guidelines:



For more information about BSE, ask your doctor to instruct you in the proper technique ■ call your local American Cancer Society for instruction pamphlets. Some local hospitals also conduct BSE classes.

PUBERTY TO AGE 40: Have a breast exam by your doctor at least every three years and a baseline mammogram between the ages of 35 and 39. Make sure your doctor keeps a copy of the findings with your chart. **AGE 40 TO 49:** Have annual breast exams and a mammogram every one to two years. **STARTING AT AGE 50:** Have annual breast exams and mammograms.

For a free laminated shower card with instructions on BSE, write to COORS/AMC Cancer Research Center, Shower Card, Box 1987, Denver, CO 80201.



ine the left breast, your left hand for the right breast. Check for any lump, hard knot or thickening.

Before a mirror: Inspect your breasts first with arms at your sides, then with arms raised high overhead. Look for changes in contour of each breast, swelling, dimpling of skin or nipple changes.

Lying down: To examine right breast, put a pillow or folded towel under right shoulder and place right hand behind your head. With left hand, fingers flat, press gently in small circular motions around an imaginary clock face. Begin at outermost top of right breast for 12 o'clock, then move to 1 o'clock, and so on round the circle. Move in an inch toward the nipple, and keep circling to examine every part of your breast, including nipples, making at least three more circles. Repeat procedure on left breast. Or examine breasts vertically,



moving fingers in an up-and-down pattern. Either way, finish by squeezing each nipple gently between thumb and index finger. Report any discharge immediately to your doctor. Since breasts may become swollen and tender before and during menstruation, perform breast self-exams (BSEs) a week after your period ends.

The American Cancer Society recommends the following screening procedures for women who have no symptoms of breast disease:

In the shower: Fingers flat, gently slide your hands over every part of each breast, using your right hand to exam-

BREAST CANCER

continued

tumor with positive lymph nodes may be treated either with lumpectomy or simple or modified radical mastectomy, plus radiation and supplemental therapy with chemotherapy or tamoxifen.

Stage-III cancer—a large tumor with or without lymph node involvement—is usually treated with chemotherapy, then followed by surgery or radiation or both, and, sometime tamoxifen.

Women with stage-IV breast cancer—which means the disease has spread to other areas of the body—are treated in various ways: with hormonal therapy (either tamoxifen or other medications that influence the body's hormone balance) or with chemotherapy—sequentially or simultaneously. Once cancer has metastasized, there may be no advantage to doing surgery. Sometimes, experimental treatments are offered to stage-IV patients in hopes of prolonging life. One experimental treatment, autologous bone marrow transplant, involves removing the patient's bone marrow. This allows doctors to give the patient very high chemotherapy doses, after which the bone marrow is replaced.

Another experimental treatment involves homing in on tumor cells with monoclonal antibodies—antibodies that carry drugs or radiation straight to proteins on the surface of cancer cells. The goal in this case is to eradicate the tumor while protecting the patient. Results of treatment with autologous bone-marrow transplants and monoclonal antibodies are very preliminary.

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tors say they may or may not be beneficial in the long run.

The healing power of emotions

ough no woman is happy when told she has breast cancer, recent research suggests that how she responds to the news may have an effect on how long she will survive.

A study by Sandra M. Levy, a psychologist at the University of Pittsburgh, showed that one of the most important predictors of long-term survival is the presence of joy in a woman's life. Women who reported being more enthusiastic, hopeful and happy—even in the face of their disease—survived longer than women who reported being less happy.

The take-charge mentality

ally, the advent of lumpectomies and breast reconstruction has improved the way many women feel after having cancer.

Reconstruction can be immediate (started at the time of mastectomy surgery) or delayed until after mastectomy. David Hopp, M.D., a plastic and reconstructive surgeon affiliated with Cedars Sinai Hospital, in Los Angeles, explains that there are two basic reconstruction options: implants and flap procedures. "Following simple or modified radical mastectomy, a woman will usually undergo an implant. In this procedure, a pocket is first created underneath the skin. Then, a fixed-size—if a woman is larger-breasted—an expandable silicone implant is placed underneath the skin and chest muscle, and the chest incision is closed. Expandable implants are filled gradually

with saline solution (over an eight- to fifteen-week period). During this time, the skin of the chest stretches to accommodate the implant."

In other cases—generally after a radical mastectomy—a flap procedure is performed. This involves creating a new breast mound using a flap of skin, and fat and muscle tissue from either the abdomen or the back. Flap procedures may be used alone or in conjunction with an implant, depending on a

woman's breast size. Although reconstructive surgery can cost between \$10,000 and \$12,000 per breast, it is generally covered by insurance.

Finally, as more women are willing to talk frankly about their experiences, the disease has come out into the open. Think of Nancy Reagan, Ann Jillian, Betty Ford and Jill Ireland, to name just a few. As Jill Ireland has said about her battle against breast cancer, "I don't feel sick and I don't feel defeated." ■

Educating women about breast cancer

Ladies' Home Journal has joined with leading cancer research and information organizations across the country to bring you the latest news about breast cancer. *LHJ* is taking part in a major effort to help educate millions of American women—an effort that includes this special report, as well as public and media appearances by experts, and public-service announcements on radio and television to give women the latest information on breast cancer. Participating organizations include:

- **The American Cancer Society**, the nation's leading voluntary organization, with affiliates in major communities.

- **NABCO (National Alliance of Breast Cancer Organizations)**, which provides up-to-date information on all aspects of breast cancer.

- **The National Cancer Care Foundation**, a voluntary agency that helps patients and their families deal with the psychological, social and financial problems caused by cancer.

- **The American Academy of Family Physicians**, a professional association representing sixty thousand family doctors.

- **ICI Pharma**, a research-intensive company that is involved in the discovery and development of new therapeutic drugs.

- *LHJ* is helping to fund a toll-free hotline called "Y-Me," to answer questions for women who have breast cancer or suspect they do. Call-ins are answered weekdays from 9-5, Central time, by trained volunteers, who provide information and support. The number is 800-221-2141.

- *LHJ* will also contribute by offering part of the proceeds of its holiday card sales to the American Cancer Society, NABCO and the National Cancer Care Foundation. (To order cards, see page 140.)

For one reprint of this article, send a stamped, self-addressed, business-size envelope to Department BC, *Ladies' Home Journal*, 100 Park Avenue, New York, NY 10017. Ten reprints are available for \$5, twenty-five for \$10, fifty for \$15, one hundred for \$25. Send check or money order only, and make payable to *Ladies' Home Journal*.

■ DISASTER TO DREAM HOUSE

continued from page 178

Steve's baby cup, blackened but still salvageable.

Still, there were escalating tensions between Bob and Bev. As with any dramatic event, the fire seemed to highlight personality differences. A take-charge person, Bob wanted to react quickly to what had happened. His impulse often was to throw things out, and to get their lives back on track without worrying too much about the expense.

Bev's impulse, on the other hand, was to save everything and to fret constantly about the outflow of cash. At night and on weekends, she was consumed with working: boiling huge piles of bed linens and cotton clothing in an antique copper boiler on the stove, or bleaching clothing to get the smoke stains out.

"Bev and I really argued about many things. If we'd had brickbats, we could really have taken care of each other," says Bob. "Everything she saved smelled like bleach, and I would smell it all the time. We'd get in the car and she'd have on a trench coat and I'd know it was one she'd saved. There was a point where all I wanted to say was 'Forget that damn fire.' We went up to our cabin in Vermont, and she brought stuff along to clean. I mean, it was an obsession."

Bev disagrees. "The fire was my enemy, and everything I salvaged became a victory for me," she explains. "Even if someone

had given me a million dollars to replace everything, I would have wanted to do that. Saving your own things becomes very important."

A NEW UNDERSTANDING

Eventually, the couple talked through their differences. Bev recognized that it was more sensible to reverse the way they usually operated and have Bob pay the bills, because it was less upsetting for him to see their money being spent. And Bob realized that Bev's compulsion to save things was

important to her and, in many ways, psychologically healthy.

"I think the only thing is to really hang on and be very patient with each other, because the emotion is so intense," says Bob. "And as a male, I had to understand that the house and the things in the house were more important to Bev because it's so much of her. She selected everything, one way or another, and she put each thing in there. You have to be sensitive to that."

And both Bev and Bob were constantly reminded of how

sensitive and wonderful their friends were. They were supplied with food and invitations for dinner. One woman cleaned up a large stuffed bear for Sue's. Another took a quilt that Bev had been sewing at the time of the fire and removed all the smoke damage. A publishing friend Bob's reacted to a casual remark made about having to buy a new coffee maker by starting a fund to help the family out. "It ended up being a staggering amount of money," Bob says. "People were wonderful, just absolutely wonderful."

Now, almost a year later, the shock of the loss has passed, and the home, which the Thomases moved into in May, is in many ways far more beautiful than the old. With a new cathedral ceiling, an updated kitchen, a remodeled living room and dining room, and added landscaping, the house has a spare, timeless elegance, is, as a friend of Bev's has said,

ly a phoenix that has finally risen from the ashes.

But Bev and Bob still think about the home that is forever. In fact, hardly a day goes by without their remembering the fire and its physical and emotional aftermath, as well as all the prized possessions and personal memories they have lost for good. "We're always forgetting that we no longer have certain things," says Bev.

She pauses to look around her new home. "This house is absolutely nicer," she adds, "but I would give it up in a moment if I could have back all the things that we lost."



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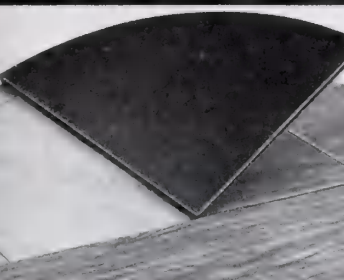
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as shown on page 30

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Enclosed are two recent 5"x7" color photographs (full length and head shot) and my personal statement.

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Entries must be received by November 30, 1988.
Send entry to: Avon Instant Makeover Contest, P.O. Box 23, 9 West 57th Street, New York, NY 10019.

Official rules

1 Complete the entry form, making sure to include all information, particularly which one of the three categories you are entering. Attach to the entry form the following: 1) two recent color photographs of yourself (one larger than 5"x7"—a close-up headshot and a full-length shot; and 2) a statement telling us in twenty-five words or less why you want to look like the category you have selected (I want to look more _____ because _____).

2 Mail to Avon Instant Makeover Contest, P.O. Box 23, 9 West 57th Street, New York, NY 10019. Entries must be received by November 30, 1988. Only one entry per person permitted. No responsibility is assumed for late or misdirected mail.

3 Three Grand-Prize winners, one in each category, will be selected. Each winner will receive a designer wardrobe (valued at \$2,000); a photo session for *Ladies' Home Journal*; a two-day trip to New York City including roundtrip air transportation, hotel accommodations, meals and a ticket to a Broadway play; a "Morning of Beauty" with Avon's national director of beauty and fashion, Kathleen Walos; and a year's supply of Avon Color makeup. One hundred semifinalists selected proportionately from entries received in all categories will each receive an Avon Color makeup palette. Prizes are not exchangeable or transferable; all will be awarded.

4 All photographs and materials submitted become the property of Avon and the *Ladies' Home Journal* and will not be returned or acknowledged. Grand-Prize winners and semifinalists will be selected by a panel of judges including *Ladies' Home Journal* beauty editor, Lois Joy Johnson, and Avon's national director of beauty and fashion, Kathleen Walos. Judging will be based on the judges' perception of ability to create each entrant's desired look from one of the three categories and entrant's ability to articulate her reasons for wanting to project that image. All decisions of the judges are final.

5 The three Grand-Prize winners will be notified by mail by December 20, 1988. All other winners will receive notification and their prizes by mail by January 15, 1989. The Grand-Prize winners must consent to be available and to participate and render services in a *Ladies' Home Journal* makeover and photo session in New York City in the first two weeks of January 1989, during their two-day winners' trip. They also agree by entering the contest to grant to the sponsor of the Instant Makeover Contest the right to use their names, photographs (on film or videotape) and voice in connection with any promotion, publicity and advertising on behalf of Avon Color in connection with the contest. Grand-Prize winners will be required to sign an eligibility affidavit and a publicity release.

6 Contest is open to women who are U.S. residents and age 18 or over. Employees and their families of Meredith Corp. or Avon Products, Inc., their respective affiliates, subsidiaries and advertising agencies are not eligible. Contest void where prohibited or restricted by law. Taxes on prizes are the winners' responsibility.

7 For a list of winners, send a self-addressed, stamped envelope to Winners' List, Avon Instant Makeover, 9 West 57th Street, Dept. AC, New York, NY 10019, 22nd Floor. Requests must be received by June 1, 1989.

LAST LAUGHS

Out of the mouths of babes

While driving to the polls for the presidential primaries, my husband and I discussed the Democratic and Republican party candidates. Upon arriving, my four-year-old son leaned over the seat and asked, "Well, are we voting to have a party or not?"
—Claudia Penn, Cincinnati, OH

The kindergarten children wore name tags on their first day of school. As they sat listening to the teacher, five-year-old Jimmy suddenly observed, "Carol's price tag fell off!"
—Viva B. Wary, Portland, OR

I explained to my three-year-old nephew that it was good manners to knock before entering a bedroom because someone might be dressing. That night, after his bath, he ran into the den naked and said, "Knock on the door before coming into the bedroom—I'm going to be getting dressed!" —Anita B. Lancaster, Virginia Beach, VA

FOR BETTER OR FOR WORSE By Lynn Johnston



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ETIQUETTE ADVICE NOT FROM EMILY POST

Q

Does one serve red or white wine with beef?

A

Never mind what the main course is—coordinate the wine with what you're wearing.

Q

What should I do when my husband shows up with an unannounced dinner guest and I've been caught with not enough food?

A

Give the guest your husband's portion.

Q

Should I instruct an inexperienced dinner guest in how to eat an artichoke?

A

No. Let your guest entertain you.

From BLANCHE KNOTT'S BOOK OF TRULY TASTELESS ETIQUETTE. Copyright © 1987 by Blanche Knott. Reprinted with permission of St. Martin's Press.

OF POUNDS AND POLITENESS

*I'd love to make my stomach flat
And rid my hips of excess fat.
But when I try to use control
(Skipping the butter and the roll),
Some glowing hostess blows my diet—
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And since I can't refuse with grace,
I fill my stomach to save my face!*

—Corinne Adria Bariteau

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The other reason is because it's a fish fork. (Note the wide tines for lifting delicate, flaky fish away from bones.)

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By Myrna Blyth



Christmas KIDS

Aren't the youngsters on our Christmas cover adorable? Four-year-old Saasha Costello, who is just learning to skate, hails from Holland,

We know we're not on thin ice putting cute Saasha Costello and Sean Garrett Varney on our happy holiday cover

Pennsylvania. Though she's only been modeling about a year, Saasha and her three-year-old brother Shane, (who is also a model), have had over one hundred forty jobs. When she isn't posing for the camera, Saasha likes attending preschool classes and Sunday school. Saasha comes to New York City from her Pennsylvania home frequently, and her mother says she is a great favorite of the engineers and conductors on New Jersey Transit. "She'll talk to anybody and everybody," Sandy Costello says. "She's even gotten some modeling jobs from agents or producers who've noticed her on the train." Saasha is so cute and vivacious, I'm not a bit surprised.

The young man in our picture who is trying to keep Saasha upright is five-year-old Sean Garrett Varney. Sean, from Patchogue, Long Island, told us he wants to be an "archaeologist teacher" when he grows up. Why? Because he likes dinosaurs, of course. He also likes going fishing with his father and playing prince in pretend games while his grandmother plays the queen.

Although Sean's parents, like Saasha's, are saving his modeling fees for college, Sean does get a reward if he behaves well on a job. His mom gives him stars, depending on how long the job is and what he does. With stars he can get money to buy He-Man and Ninja figures. For our cover, he got five stars. I agree with Sean's mom, don't you? It's definitely a five-star cover.

What else is extra-special in this issue? Lots of ideas to help you make the season merry—like our easy-to-make, no-bake cookie houses, lovely holiday decorating ideas, and party beauty makeovers that I think you'll find helpful and inspiring. There's lots to read as well, including a beautiful poem by the poet laureate, Howard Nemerov, written just for *Ladies' Home Journal*, a touching interview with Mrs. Reagan and holiday memories from superwriter Danielle Steel.

I know how busy you are at this time of year, but please take time to sit down, put up your feet, sample a Christmas cookie and enjoy this issue. Happy holiday from the *LHJ* staff to you and those you love.



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Ladies' Home Journal (ISSN 0023-7124) December 1988, Vol. CV, No. 12. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. \$19.95; Canada, 1 yr. \$27.95; all other countries, \$27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to *Ladies' Home Journal*, P.O. Box 10895, Des Moines, IA 50336-0895.

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to *Ladies' Home Journal*, 100 Park Avenue, New York, NY 10017.

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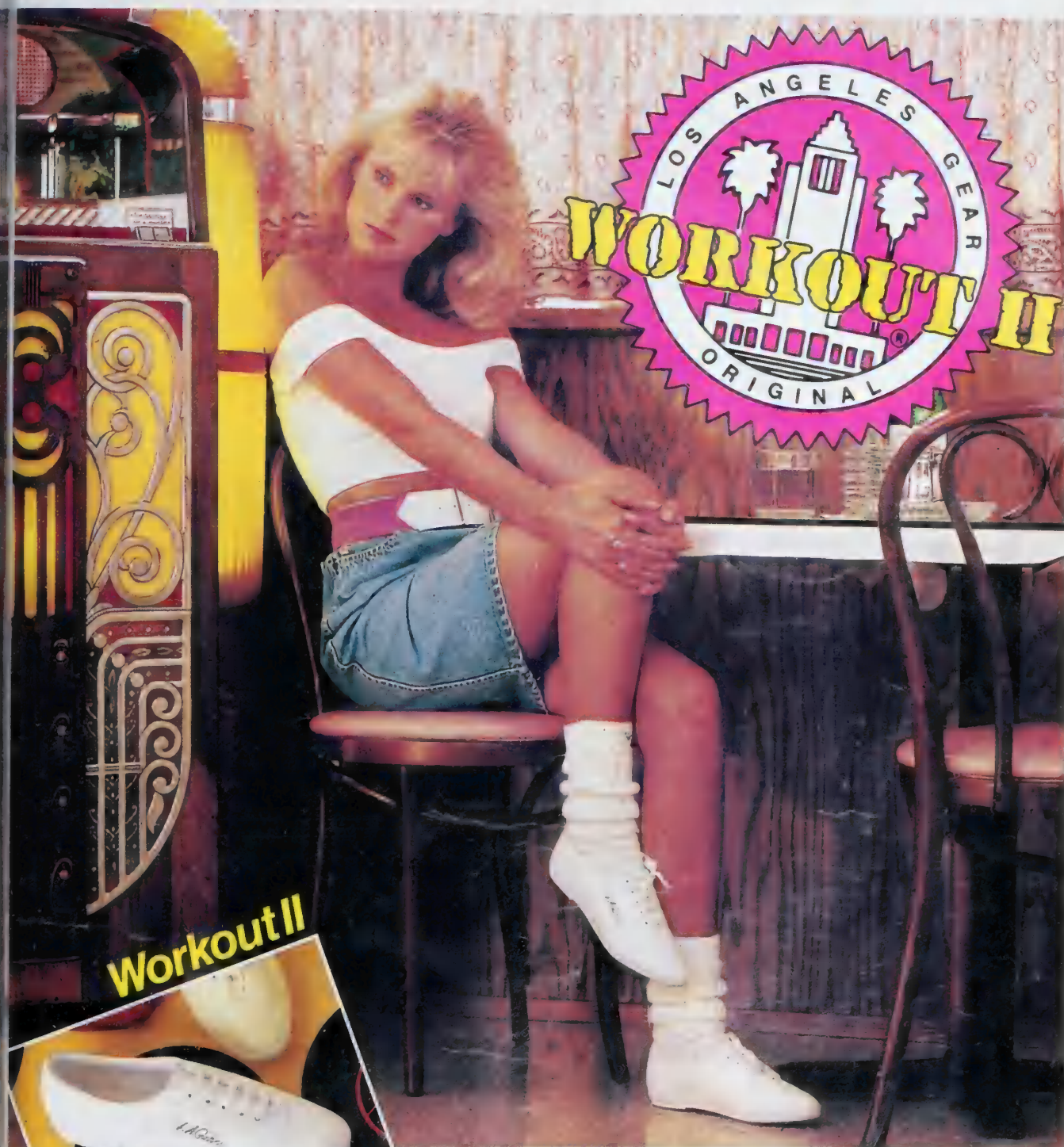
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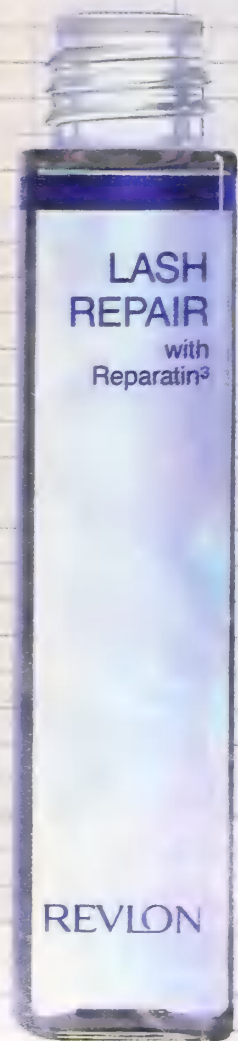
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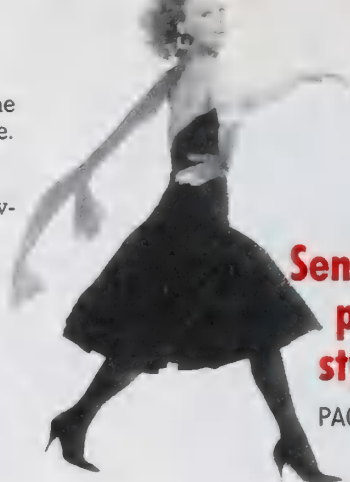
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My husband is jealous of my job

By Laurie Werner



Introduced thirty-five years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Debra Pearl, M.S.W., C.S.W., a counselor with the East Side Center for Short Term Psychotherapy, a private agency in New York City. The story reported here is true, although names and other details have been changed to conceal identities.

Joan's turn

"I DON'T UNDERSTAND WHAT HAS gone wrong with this marriage, and I'm worn out," said Joan, thirty-two, a strikingly pretty strawberry blond dressed in a black wool suit. "I always thought Michael was proud of me and my success. In the beginning, he was so supportive.

"When we met, things were different. Michael talked to me for hours and encouraged me to pursue my dreams. I was working then as an assistant sportswear buyer in a large department store, but I was anxious to move up. Michael urged me to tell my supervisors about my merchandising ideas. He made me feel I could do anything.

"At that time, Michael was such a sweet, giving person, it's hard to believe I'm married to the same man. He'd always go out of his way to do things for people. And he was always

planning special evenings or weekends for us at romantic places.

"How different he was from the other men I'd dated! They all seemed so focused on their careers I couldn't stand it. Michael, a lawyer, was working in his father's firm at the time; he seemed to enjoy his work, but he wasn't obsessive about it.

"I was the one, actually, who was focused on a career. But Michael said he liked that, that he'd always been attracted to strong women.

"We started dating, and I think we both knew right away that this was it. Within six months, Michael asked me to marry him. I remember that moment so clearly: It was Christmas Eve. We had gone for a walk—the streets strung with lights looked so romantic—and we were standing by the ice-skating rink in the park when, to my complete surprise, Michael pulled out a ring. I honestly thought I'd faint.

"The wedding was special, too. All our friends—even our families—were there, which is unusual, since neither of us has ever gotten along with our parents. When we got back from our honeymoon, we settled into what I assumed would be a perfect life.

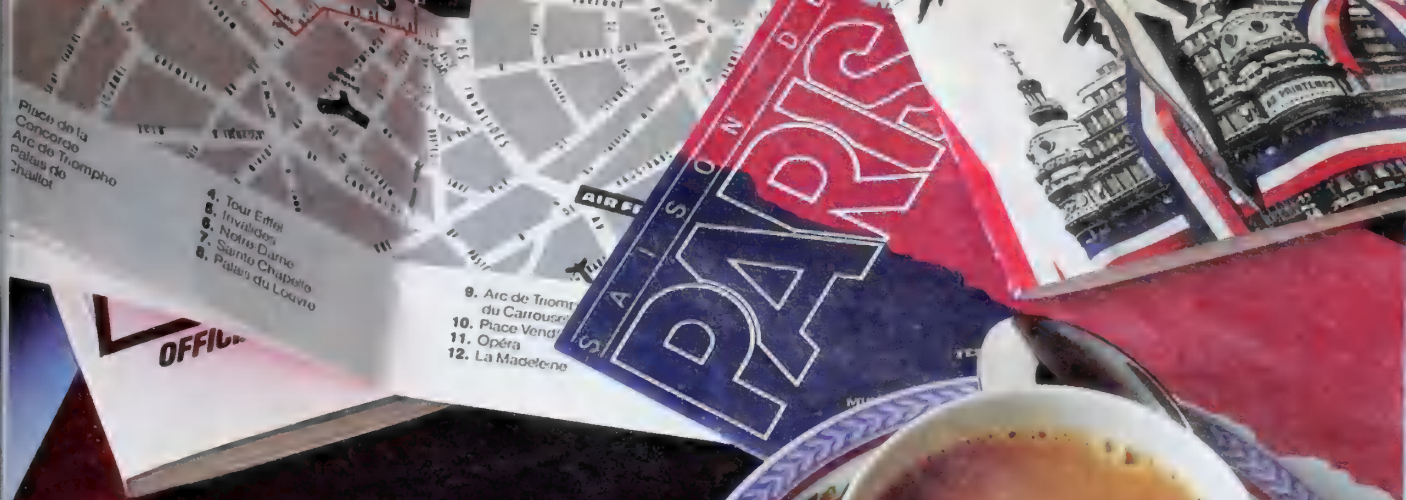
"The first sign of trouble coincided with my first promotion. I had become

more vocal about my ideas, and my boss was very impressed. When they decided to open a boutique to focus on specific designers, they asked if I wanted to be in charge of things.

"That meant I was a full buyer, with a big salary increase. Of course, my hours increased, too. Usually, Michael didn't seem to mind, though every so often, he'd make some snide remark.

"Over the next year, things got even better for me at work, worse for us at home. I'd gotten two promotions—and then the fashion director retired and named me to (continued on page 18)

Michael was upset—but not for the reason Joan thought. Could they ever stop fighting and straighten it out?



On a cold day in winter,



we decided on
Paris in the spring.

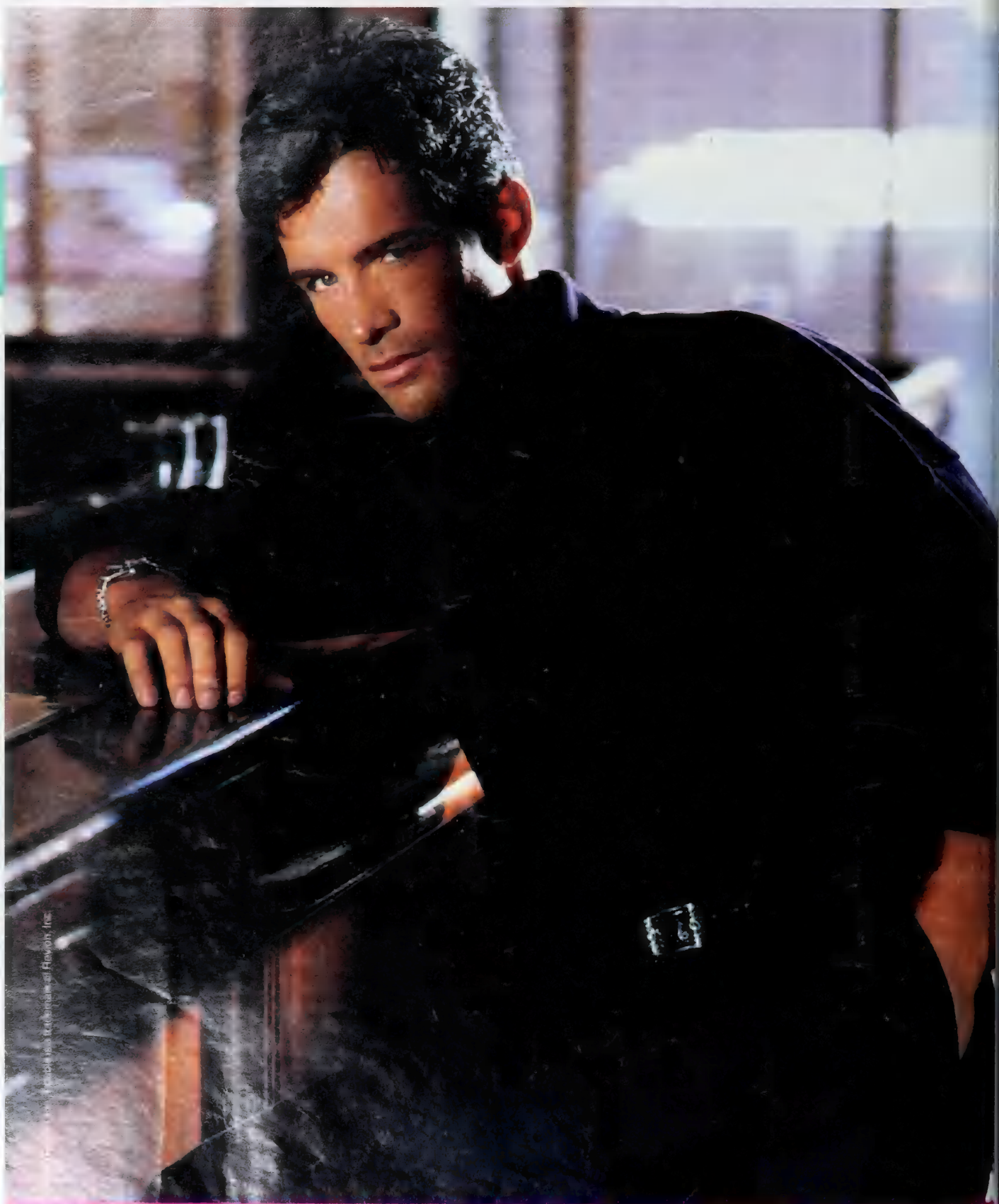
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CAN THIS MARRIAGE BE SAVED?

(continued) replace her!

"Michael turned positively sullen when I told him about my new job and salary. Though he was making a good salary, mine was much higher. I didn't brag about it, but the subject of money quickly became a minefield for us. If we needed to buy something—a new TV, some furniture—he refused to discuss it. Instead he'd snap, 'Buy what you want. It's your money anyway.'

"After that, I started downplaying any success because it always made Michael even angrier. And when Michael gets mad, he's vicious. He criticizes the time I spend at work, even the clothes I wear. He tells me how unfeminine I look in my business suits and how turned off he is sexually.

"That was the worst. Michael never wanted to have sex. He'd say things like 'I have to get up early,' or 'I'm just too exhausted.' Do you know how it feels when your husband doesn't want to touch you? It makes you feel ugly and unloved.

"I started to feel totally on my own, just like I did when I was little. Mother used to disappear for weeks at a time, without explanation. Clearly, my parents had a terrible marriage—they divorced when I was in college—but as a little girl, I didn't know what was going on. All I knew was that my mommy had left and I felt so scared.

"To make things worse, whenever Mother returned from her trips, she'd pick on me unmercifully. She'd be the first to notice I'd gained weight, that my face had broken out. She'd always been such a beauty, I was a major disappointment. My father, an officer in the Marines, didn't seem to care about me either. He was very distant and paid little attention to me except when I did something special—like win first prize in an essay contest.

"So all this with Michael seemed like a replay of my childhood. I'd ask his advice about a problem at work, and instead of helping me, he'd dismiss me and say, 'You'll think of something.' The only time

we talk now is when we fight.

"And usually, it's about work. About a year ago, Michael really started goofing off—getting to his office late and leaving early—and six months ago, he lost his job. He had screwed up a case, and even his father didn't stand up for him.

"I was shocked, though, that Michael hardly expended any effort to look for a new job. He sat around all day, sometimes not even getting dressed. I doubted he'd ever go back to work and wondered what was going to happen to our relationship.

"Now I know. The other day we had another fight about his not looking for work, and he screamed, 'Well, why don't we split up? I could sue for alimony and never have to work again.'

"I think deep down he means it. Ironically, the next day, he got a job, but I don't think it matters anymore."



"Joan makes it sound as if I cut her down all the time," said Michael. "That's not true."

Michael's turn

"Joan's version of our life is a bit skewed," Michael, thirty-two, said sarcastically. "She makes it sound as if I cut her down for every achievement. That's not fair. I'm proud of her.

"I knew she'd make it big. And yes, I've always been drawn to smart, capable, beautiful women, and Joan is all of those things.

"The problem was, as soon as success hit, she wasn't around at all. She didn't just work late once in a while; she worked late every night, often all weekend. Is it so terrible to want to spend time with your wife?

"And yes, I was stunned at her high salary, and maybe I didn't handle it so well. When we were married, she was making half what I was. Suddenly, she was making twice as much. I've got my pride, you know. So if I jumped at her about buying TVs or things like that, I'm sorry, but I didn't feel I had any say. It was her money.

"She's also exaggerating about our sex life. Is it written somewhere that men can't be tired? That was all I said. If I'm tired, or in a bad mood, she thinks I don't love her.

"But she's dead wrong about my

supposed dismissal of her problems. Joan gets what she wants: She can deal with everyone from executives to stock boys. So when she mentions a work problem, and I tell her not to worry, I don't mean it caustically. I mean it honestly.

"One more thing: I'm tired of hearing her tell me how lazy I am about looking for work. I'll admit I did put things off, but I needed some breathing time. I'd just been fired by one of my father's partners, someone whom I'd never really gotten along with.

"I wasn't sorry. I was never interested in corporate law, but when I graduated from law school, I felt an obligation to join the family firm. Still, being fired is tough.

"Not that I expected my father to support me. I've never been close with my parents. Father was always at the office, and Mother was always off somewhere with her community work or social activities. I was an only kid, raised by a succession of live-in baby-sitters, and I often wondered why my parents even bothered to have me at all. They were achievement-oriented; my mother always told me how terrific my father was, implying that I could never measure up.

"Being fired proved that point, right? I didn't need my wife yelling at me to go out on interviews right away. After a month, I started to look full time, but it was six months before I was offered a position, with a general-practice firm started by one of my old law professors.

"Those six months were awful. There was so much tension between us, and I know I acted crazy. I said things I'm sorry about now—like that comment about alimony.

"But Joan should know I don't mean those things. Then again, maybe we don't know each other at all now."

The counselor's turn

"Joan and Michael barely spoke to each other when they came to see me," said the counselor. "Since the subject of work was so volatile, I focused first on their backgrounds.

"Clearly, Michael's self-esteem had been shattered by his parents' neglect and criticism. Still, he yearned for their approval: Witness his decision to join his father's firm. As Michael finally admitted, however, he hated (continued)

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■ CAN THIS MARRIAGE

continued

corporate law; he had found it difficult to put his energies into his work.

"Because of his poor self-image, Michael was drawn to Joan's strength and competence. However, as her career took off, he couldn't help comparing himself with her. Though it took time for him to admit it, Michael's support of his wife's career was conditional on his own success. When she started to outdistance him, he felt threatened.

"So he struck back, criticizing her whenever and wherever he could. Though any woman would be hurt by such taunts, Joan was especially vulnerable, considering her mother's similar criticism when she was growing up. Besides, her father's focus on achievement as a requisite for affection made Joan even more insecure.

"Her mother's frequent departures had also left Joan with a profound fear of being abandoned and a sense that love was easily lost. As a result, she never directly confronted Michael when he hurt her for fear that he'd get angry and leave. Instead, she either remained silent or lashed back. Unfortunately, her cutting comments only reinforced Michael's insecurities, sparking more fighting.

"Before this marriage could be saved, both Joan and Michael had to break from these destructive patterns. But since they were so hostile toward each other, I felt individual counseling would be helpful at first.

"In Michael's sessions, we worked to boost his self-image, discussing at length the unfairness of his mother's comparison of him with his father. It was similarly unfair, I pointed out, for him to compare himself with Joan. I also underscored Michael's many fine qualities—particularly his sensitivity toward others—which were still there, albeit buried under self-pity.

"I also thought Michael might benefit from a few sessions in a male/female support group. During these sessions, the men as well as the women took him to task for his chauvinistic attitude toward success.

"The group also did much to boost Michael's confidence: When one woman needed legal advice in her battle with her landlord, Michael put himself out to find the answers for her. The group's appreciation and his feeling of competence for having done a good job renewed his interest in the law.

"Joan's sessions were initially devoted to discussions about her parents. As she described some of her mother's verbal attacks, it was clear they often increased around birthdays—reminders, I pointed out, that her mother was ag-

ing—and remained steady after I had blossomed into a beauty herself. Once we brought this out in the open, Joan's self-concept got better within weeks.

"As Joan spoke of her father, how she'd pushed herself in school, his love, I began to see a parallel with her sometimes obsessive desire to succeed at work. I also had a sense that working hard was so second nature to her that she carried the driving career image home with her.

"In their next joint session, I asked Joan to replay a situation in which Michael had been particularly critical. As she did, her voice changed into tones of a commanding executive.

"That's it, that's what she does," Michael broke in. "She never asks me for help, she demands it. But I'm afraid I won't be able to think of anything better enough," he said.

"Joan was startled; she hadn't realized she sounded like a drill sergeant. "In these situations, help him, not you," I advised her. "Tell him what you need, don't order him."

"But Joan was also surprised. Michael didn't know what to tell her. "You've always known exactly what to say to me," she told him. "I would have had the confidence to try anything if it hadn't been for you."

"Hearing this, Michael smiled. At that moment, we could all feel a tension lift. I explained that keeping this level of communication going was crucial. Both Michael and Joan had gotten so caught up in their individual problems, they'd forgotten their inner couldn't read their mind.

"The subject of Michael's career remained unresolved. I sensed he was drifting, so I pressed him about what he really wanted to do. Finally, he said he wanted to move into trial law work more closely with individuals.

"Several months later, after he had proven himself, Michael, the managing partner of his firm, could move into litigation. He was his new work and excelled at prompting a big rise in self-confidence.

"Since Michael feels so much better about himself, he no longer feels intense competition with Joan. Fighting between the two has virtually ceased, and their sex life is much more exciting. Though Joan still earns more money than her husband, Michael no longer cares. Joan, for her part, tried to juggle her office commitments so she doesn't work such long hours.

"Joan and Michael seemed supportive of each other in their sessions, that, after a year, I decided they terminate counseling. They'll continue to compete with each other now—than compete with. (continued)

Adrian Tishman

sure ways to get a kiss this Christmas.



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A marriage of two faiths

By Eileen Ogintz

Do you know what night this is?" the Congregationalist minister asked the children gathered around him. The church was packed for the Christmas Eve family service. Evergreens and poinsettias decorated the sanctuary, and a crèche sat in one corner. A children's choir in red robes stood near the altar.

"Santa Claus is coming," answered one of the eager preschoolers.

"Lots and lots of presents," chimed in another.

"Yes, that's true. But what else happens tonight?" asked the minister, obviously searching for a more spiritual answer.

There was a pause. Then a little voice yelled, "Chanukah!" The congregation burst out laughing.

That voice belonged to my then three-year-old son, Matthew, who seemed quite puzzled by the laughter he had caused. After all, he knew it was Chanukah. He had helped light the menorah candles before we left for the Christmas Eve service. Several nights earlier, he had attended a Chanukah service at a nearby

synagogue. He also knew that Santa would be visiting us that night. He had helped decorate our Christmas tree and had hung his stocking on the mantel.

Later we chuckled as we recounted the incident. "Doesn't everybody have Chanukah and Christmas?" he asked.

"No," I told him. "You're lucky, because you get to have both holidays."

That satisfied him—for the moment.

But I knew that soon he was going to demand a better explanation of why our family celebrated both holidays when most of his friends' families didn't. I realized my husband, Andy, and I had better start thinking about what we would say.

Andy was raised as a Catholic; I am a Jew. Since neither of us was particularly observant when we got married,

religion had never been an issue in our home. We had simply decided to expose Matt and his younger sister, Regina, to both faiths and let them choose for themselves when they grew up.

But it hasn't always been easy to get our active young children interested in the solemn rituals of religion—let alone mesh our dual heritage. For instance, when we recently attended synagogue, Matt complained that it was boring. He says he hates church because he has to be quiet. And the last time my in-laws visited and we said a prayer before dinner, Matt crankily protested, "I don't want to say that icky prayer!" and bolted from the table.

Since last Christmas and Matt's question about celebrating both holidays, Andy and I have had more discussions about religion than we've ever had before. They are difficult conversations for us, because my husband, who had a rigorous Catholic upbringing, is basically uncomfortable with *any* organized religion.

I, on the other hand, (continued)



The author with her husband, Andy Yemma, and their children, Matthew and Regina

My husband is Catholic, I am Jewish. How could we ever decide which religion was the "right" one for our children?

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■ A WOMAN TODAY

continued

have felt an increasingly stronger pull to Judaism, especially in the year since my father died. My dad had never objected to my interfaith marriage, but he didn't hide his concern—common among Jews who witnessed the Holocaust—that intermarriage would decimate the already small Jewish population. (There are fewer than six million Jews in the U.S., compared with fifty-three million Catholics and seventy-nine million Protestants.) At our wedding, in fact, after a few drinks, Dad lamented to one of my best friends, "Well, we've lost Eileen now." And he would often complain to us that Matt and Reggie were being brought up "as nothing."

Sitting in synagogue after his funeral, and in the weeks and months since, I found his concern haunting me. I realized I wanted my children to understand and be proud of their Jewish heritage, as he had been.

I also discovered that going to synagogue offered me solace and comfort for my grief. I began to admit to myself that I wanted my children to have that same source of comfort and belonging.

But I felt guilty about suddenly wanting my children to be raised as

Jews. Was I being unfair to Andy? After all, I *was* changing the agreement we had made when we got married.

At that time, Andy and I had been confident that we could walk the middle ground between our faiths. Our wedding ceremony, performed by a Unitarian minister, had reflected this desire. We wanted to acknowledge our belief in God, yet Andy would be uncomfortable being married by a rabbi, and I could not accept a church wedding. We wrote the ceremony ourselves and included readings from both the Old and New Testaments. And we broke a glass at the end of the ceremony—a Jewish tradition.

Our parents weren't thrilled about our wedding, but they didn't complain. It helped that we were both over thirty and we were getting married in Chicago, far from my parents' home in New York and Andy's in Texas.

To please his mother, Andy did try to get a dispensation that would have permitted him to continue receiving the sacraments after we were married. However, when the priest realized that Andy would not promise to raise our children as Catholics, he practically threw us out of his office, telling us that our marriage was doomed to fail.

"At least you tried," Andy's mother said with resignation. Clearly she was

disappointed, but she never brought up the subject.

When Matt and Reggie were born, we again chose to avoid any religious rituals so as not to hurt either set of grandparents. Neither child was baptized, and Matt was circumcised in hospital, not at a bris, the traditional Jewish ceremony. "At least the doctor was Jewish," I consoled myself. It wasn't until this year, when my son had a bris for her baby boy, that I had any twinges of regret.

Finally, Andy's and my solution didn't seem right anymore. So a few months ago I told Andy that I thought it was time for us to choose one religion over the other for Matt and Reggie. As we talked it over, he agreed that we needed to give the children more solid religious grounding and a clearer understanding of God. But he also admitted that he had no desire to raise the kids as Catholics.

"Then let's raise them as Jews," I suggested.

In the months that followed, as our discussions continued, he began to agree that this seemed to be the solution for our family. The only alternative—joining a Unitarian church—just didn't feel right to either of us. So we met with a young rabbi in Evanston, Illinois, where we live.

The tentative agreement we reached—which is still open to negotiation, Andy reminds me—is to join synagogue next year and to raise Matt and Reggie as Jews. Andy will attend synagogue with us, but no one expects him to convert to Judaism. The children will also grow up with the understanding that Daddy's family worships differently. We will continue to celebrate Christmas as well as Chanukah, and we will go to church on Christmas Eve and when we visit Andy's parents.

I know this all sounds confusing, and I know it isn't going to be easy. A matter of fact, while I was writing this story, Matt asked me what I was doing. "I'm writing about being Jewish and Catholic," I told him.

"What am I?" he demanded to know. "You're Jewish—and you're Catholic," I found myself answering.

"What does it mean to be Jewish?" he asked. As I was struggling with an answer, his attention shifted, and he jumped off my lap. Later, in the car, I heard Matt tell his sister: "Reggie is Jewish and you're Catholic."

I know that next time Matt will stick around to find out the answer to his question. I just hope I can find the right words to tell him about the religions that are a part of his life. After all, while the specifics of each faith may differ, the basic values—love, the importance (continued)



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*Excerpt from Neutrogena Skin Care Institute Report.



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■ A WOMAN TODAY

continued

of family and kindness to others—the same. And during this holiday season and throughout the year, that's what we want to teach our children.

Facts about interfaith marriage

Today, more families than ever are confronting the dual-faith dilemma. According to the American Jewish Committee, there are a record-breaking 375,000 Jewish-Christian marriages in the U.S., with an estimate one out of every three Jews marry outside their faith. These couples are raising some 750,000 children.

At the same time, about 40 percent of American Catholics—approximately 20 million people—are involved in interfaith marriages, according to Eugene Fisher, Ph.D., who oversees Catholic-Jewish relations for the National Conference of Catholic Bishops. The majority of these Catholics have married Protestants; about half intend to raise their children as Catholics.

Clearly, intermarried couples—once a maligned minority—are now an accepted part of mainstream American life. In fact, one such marriage has been very prominent recently—that of Michael and Kitty Dukakis. She is Jewish, and he is Greek Orthodox; according to Mrs. Dukakis, their three children consider themselves part of both religious traditions.

However, no matter how common intermarriage has become, the holiday season poses special difficulties for these couples.

Even the experts disagree on how to cope with this dilemma. Many clearly think it is wrong to celebrate both holidays and try to mesh both faiths. "You have to pick one or the other; you can't pick both," says Rabbi Steven Foster, who has served as co-chairman of the commission on outreach to intermarried couples for the Central Conference of American Rabbis.

But a growing number of clergy and intermarried couples feel that the opposite is true. Chanukah and Christmas can be "an opportunity to affirm both traditions," says the Reverend John Wade Payne of the Park Avenue Christian Church in New York City and co-author of *Happily Intermarried: Authoritative Advice for a Joyous Jewish-Christian Marriage* (Macmillan, 1988).

"The important thing is not to regard these holidays as competition," adds Rabbi Roy A. Rosenberg of the Temple of Universal Judaism in New York City, one of Reverend Payne's co-authors. "They both are part of our family tradition."

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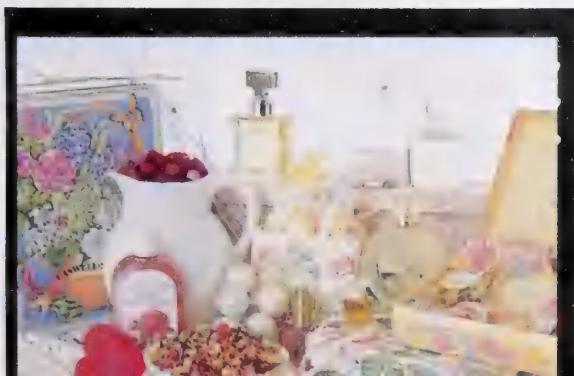
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You found a great dress, and you're on your way to the party of the season. Five minutes after you arrive, a stranger knocks your drink in your lap, and in the ladies' room you discover you have underarm stains. You flee, humiliated and depressed. How to be disaster-free? Here, at-the-party fixes plus ways to prevent future problems.

PROBLEM BAD BREATH

QUICK FIX Munch on a sprig of parsley—it's a common party garnish and an instant breath refresher. Carry a purse-size toothbrush and paste for a speedy ladies' room brushup. Try a blast of a mini breath spray.

PREVENTION Have teeth professionally cleaned and polished before the holidays. Maintain a daily brushing and flossing routine—be sure to brush tongue, where odor-causing bacteria collect. Look for a toothpaste designed to help remove plaque, such as Check Up Gingival Toothpaste. Avoid strong cheeses and onion- or garlic-based foods at a party. Replace toothbrush frequently—bad-breath-causing bacteria can collect on bristles.

PROBLEM CLOTHING STAINS

QUICK FIX Gently blot liquid spill with paper towels. Sponge delicate fabrics with cold water or club soda. Sponge greasy stains with hot water; put a few drops of liquid soap on stain if clothing is dark and washable. (For silks and satins: Blot stain; take to a dry

cleaner later.) If you're at a private home, sprinkle grease stains with talcum powder or cornstarch. Allow powder to sink in, then brush off and repeat.

PREVENTION Guard against food accidents by practicing the balancing trick ■ parties: Tuck handbag under one arm, hold drink in that hand and use free hand for nibbling or hand shaking. Double- or triple-layer paper plates to avoid greasy breakthrough on lap.

PROBLEM NERVOUS PERSPIRATION

QUICK FIX Cool down by running cold water over wrists. Dampen a paper towel with cold water and apply to pulse points, back of neck, forehead. Reduce anxiety by breathing deeply through nose and exhaling slowly through mouth. Drink a glass of cold water. Carry a purse-size spray of fragrance, and spritz on clothes.

PREVENTION Count on a combination deodorant/antiperspirant that contains an aluminum complex as the active ingredient. Apply to clean, dry skin after shaving in A.M. and again at night. Never skip a day.



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Oh, my aching feet!

How to find perfect-fitting shoes

WANT TO HAVE HAPPY FEET? BE CHOOSY ABOUT SHOES—LOOK FOR A PAIR THAT IS COMFORTABLE ENOUGH TO TAKE YOU ANYWHERE. WHICH SHOES ARE MADE FOR WALKING (AND SHOPPING AND DANCING)? READ ON FOR NO-FAIL FIT TIPS AND A GUIDE TO THIS SEASON'S FIVE MOST FASHIONABLE STYLES

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SEVEN EX-

PERT POINTS TO CHECK OUT BEFORE PURCHASING A PAIR

1 Stand up and wiggle your toes. They shouldn't feel pinched or crowded. Run fingers along sides of shoes—if toes are bulging out (especially the little toe), the shoe's too tight and probably too short.

2 If you opt for tapered-toe shoes, make sure there's at least one half to five eighths of an inch of space in front of your big toe. When you walk, your foot stretches forward. If there isn't enough room in the front of the shoe, your toes will be crammed and you can develop painful corns, calluses or bunions from the friction of your toe joints rubbing against the shoe and each other. This isn't as crucial with round-toe or square-toe shoes—you may be able to wear a half size smaller in these styles.

3 The most comfortable shoes have a long vamp (the bottom part of the shoe from the ball of the foot to the toe), which provides maximum room for toes.

4 Look for shoes with high toe boxes to give toes adequate room and maximum comfort. A sloping toe box presses down on toes too much, or causes feet to slide forward, cramping toes.

5 Remember that the shape of your shoes should match the shape of your foot—if your foot is wide, don't try to squeeze it into a tapered shoe. Place your foot against the sole of the shoe to check. Examine your feet: Corns (either at the top and sides or between toes), a heavy callus buildup, a bunion at the side of the big-toe joint or toes beginning to take the shape of a tapered-toe shoe are all warning signs that your toes don't have enough space in your shoes.

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6 Do the flex check: Take a shoe in your hand, and flex it as if you were walking. Notice that it bends at the widest part of the shoe. When you walk, your foot also flexes at its widest part, the ball of the foot. You must fit the widest part of your foot to the widest part of the shoe. If your shoe allows enough room for the ball of the foot, your arch will rest comfortably and toes will stay straight. Bonus: Properly fitted shoes will keep their shape.

7 If a shoe doesn't fit perfectly, remember that it's more important for the toes to have plenty of room even if the heel feels too loose (you can always fill the gap with heel pads). To keep the foot from sliding forward and slipping at the heel, the shoe must exert enough pressure at the instep to hold the foot back in the shoe and push it against the heel.

the 5 best styles for comfort and chic



STRAP SHOES with wide, sturdy straps that hold the foot in place at the ankle or the instep are excellent for support because they push the foot against the heel. Otherwise the toes will curl up in order to keep the shoe on at the heel.



OXFORDS are the most comfortable style you can wear. Adjustable lacing holds the foot at the instep, giving the toes room to move.



SLING BACKS are terrific because the strap can be adjusted to fit your feet perfectly, so there's no slippage at the heel.



HIGH-CUT PUMPS are a good bet as long as the throat (see illustration of throat, above) is also cut high—low-cut pumps allow the foot to slide forward in the shoe and away from the heel.



LOW HEELS are a far better option than high heels because feet will stay flatter in shoe and won't slide forward as much.

From: HOW TO BUY GREAT SHOES THAT FIT, by Scott Norman. Reprinted by permission of Crown Publishers, Inc. Copyright © 1988 by Scott Norman.

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Oprah Winfrey

WONDER WOMAN

In the latest of her many accomplishments, "The Women of Brewster Place," Oprah plays a woman struggling to overcome fate's unfair blows—as she's done in her own life

It's three A.M., and Oprah Winfrey is looking decidedly unglamorous. She's wearing a dress that's a study in sixties tacky, topped by a frumpy apron that screams domesticity. She has bags under her reddened eyes, which lack even a trace of her usual eye-popping makeup. Her hair lies flat, tucked into a small roll at the back of her neck. And she's getting rained on. This last night of filming ABC's four-hour movie *The Women of Brewster Place* has been typical of the five weeks that preceded it. Five grueling weeks of chilly nights and eighteen-hour days. Tonight the film crew will manage to finish shooting just before the sun comes up. But the tension doesn't seem to faze Oprah, who is not only the star but an executive producer of the mini-series, scheduled to air early next year. The movie, based on Gloria Naylor's

critically acclaimed novel, depicts the struggle of seven black women who live in a tenement, fighting to overcome crushing poverty and the devastation of their dreams. The cast includes Cicely Tyson, Robin Givens, Jackée and Paul Winfield.

Displaying the same warm, confident, gently authoritative manner that is the trademark of her Emmy-winning talk show, Oprah offers suggestions during filming and even cries when she watches two of the other actresses complete a scene involving an ambulance. "Phew! What a movie, what a movie," she says as she mops up the tears. "I can put myself in another person's place just by thinking about it."

(continued)



A hit in business, TV talk shows and film, Oprah now tries her hand as executive producer and star of her ABC movie special

By Linden Gross

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the controlling partner in a group of three investors who purchased an eighty-eight-thousand-square-foot TV and production facility in Chicago.

"I thought, One day I want to own a place like this," she says. "It was a dream of mine . . . but I did not know it would happen this fast."

But despite her success and fame, Oprah remains close to the people who keep her in the spotlight. She is often seen talking to any number of her fans in the streets of the city and takes the time to give a personal farewell to each member of the studio audience as they leave the set.

When the crew gathered to film *The Women of Brewster Place*, she made it a point to learn the names of each person working, no matter how menial her position. Oprah always tried to promote a democratic environment on the set and rarely asked for special treatment (except for requesting roast potatoes). "She teaches by example," says co-producer Reuben Cannon. "Look at her life. She was not born with a silver spoon in her mouth."

A trying childhood

She began life in rural Mississippi, the illegitimate child of a teenage mother. She spent her first six years with her grandmother who believed in whipping children to keep them in line. Later she moved in with her mother in Milwaukee and fell prey to several instances of sexual abuse, the first at age nine at the hands of a nineteen-year-old cousin. Oprah publicly revealed this dark episode of her past in a powerful segment of her show dealing with sexual abuse. She admitted that the abuse affected her early teenage years, making her rebellious. At thirteen, she was sent off to live with her father, a strict disciplinarian who gave her the limits she needed.

■ OPRAH WINFREY

continued

The late hour doesn't help the jumble of sentiment. "At about three in the morning, I lose my professionalism," she says, referring to the night shoots they've been doing all week. It's a professionalism that's apparent in her well-received performances in the films *The Color Purple*—for which she earned an Oscar nomination—and *Native Son*. These movies are proof enough that Oprah is dedicated to the craft, and her participation in this movie has been especially meaningful. Her character, Mattie Michael, has devoted her life to raising her son, Basil. When he gets into trouble, she selflessly offers her home as collateral for his bail. When Basil skips bail and disappears, she loses both her son and the home she has worked a lifetime for.

Oprah prepared for the role by writing a two-hundred-page journal about her character. "I tried to build a life for her," she explains. "I thought about who her friends would be, where she would have gone to school, what her interests might be. You know, a life."

Oprah has been building quite a life of her own in recent years. At thirty-four, she is the top-rated talk-show host on television, syndicated in 198 cities throughout the country. She's also a powerful businesswoman who has ownership and control of her own program. She reportedly makes up to \$12 million a year from the show alone and lives in a chic three-bedroom Chicago apartment overlooking Lake Michigan. Her own production company, Harpo Inc. (that's Oprah spelled backward), could earn an estimated \$50 million for the 1988-89 season. Recently, Oprah became the first black individual to own a major TV and film production studio. She was

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necessary, Oprah was there to make a stand.

After a while, Oprah begins to sound like the super-perfect Superwoman. Oprah the award-winning talk-show host. Oprah the successful movie star. Oprah the tactful producer. But can she *really* do it all, and always in the right way?

She's not so sure. "I'm falling short," she complains. "I'm tired. I've had a crazy schedule. I've done anything anybody asked for the last two years. After you do that for so long, your life becomes imbalanced because you have nothing but work."

A man to lean on

These days, Oprah gets her balance from her relationship with her handsome boyfriend, Stedman Graham, a six-foot-six-inch former basketball player who is vice president of a public relations firm in Greensboro, North Carolina.

"He's the best man who's ever been in my life," says Oprah. "When I'm around him, I have that love glow."

It's Stedman Oprah turns to when it seems the pressure of her demanding schedule is too much to bear. During one week recently, Oprah flew from Mobile, Alabama, to Nashville to give a commencement speech. She then returned to Chicago to tape back-to-back shows, went on to Cleveland for a speaking engagement, flew to Greensboro to meet Stedman for dinner, headed to New York the following morning to accept an award, and was back in Nashville by the end of the week for a charity baseball game. When she reached her hotel that night, she was crying from sheer fatigue.

"Stedman had run my bath water for me and said: 'Just take a bath and you'll be fine,'" she recalls.

"But I'm too tired to take a bath," she (continued)

"I think the ones who survive in life do it by hammering at it one day at a time," she says, employing her father's logic. "You do what you have to do to get through today, and that puts you in the best place tomorrow."

Indeed, during those difficult childhood years she developed a resilience that has helped her achieve her phenomenal success. While at Tennessee State University, she became a TV news reporter in Nashville and soon moved into an anchor spot in Baltimore. Unfortunately, inexperience did her in, and she was dumped from the job.

"I had no business anchoring the news in a major market," she later said. "I was only twenty-two."

But she rebounded when she was made a host on a Baltimore morning talk show. Six years later she made her way to Chicago—and the rest is talk-show history.

"I said to myself, 'This is what I *should* be doing.'"

She had that same kind of reaction after reading *The Women of Brewster Place*.

"I was going to do this film no matter what," she says. When all three major networks originally declined to make the movie, she went to bat for the project.

"Oprah came out from Chicago to talk to Brandon Stoddard [president of ABC Entertainment]," recalls co-producer Patty Meyer. "At the meeting, she passed around copies of the book, and said: 'Look, the reason you passed on this the first time is because none of you has read it. So I want everyone to read it, and I'll call you on Tuesday.' By Tuesday we had a deal."

During filming, Oprah was equally determined whenever something important was at stake. Whether it was insisting that the extras received the same hot meals as the rest of the cast instead of sandwiches, making sure that vital scenes were not cut, or convincing a reluctant cast that being rained on during a frigid night was really

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OPRAH WINFREY

continued

answered him, her voice verging on a wail as she repeats the conversation:

"'Just get in the tub.'

"'I'm too tired.'

"'GET IN THE TUB. You'll feel better. You'll go to sleep and you'll be fine.'

"'I can't.'

"Well, *you're* the one who wanted to run this marathon," Stedman told her in frustration, Oprah remembers. "You're the one who feels like every moment has to be filled with something or you're not fulfilling your life."

"I knew he was right," she admits. "That's when I snapped. I said, 'That's it.' The next day I had my assistant cancel my appearances for the summer."

This summer's vacation was her first rest since she spent last Christmas in Aspen, partying with the likes of Quincy Jones, Don Johnson, Barbra Streisand and Jack Nicholson. But despite her star-studded list of friends, Oprah's personal life is not glitzy, and she's rarely seen on the social circuit. She says peace and quiet are two of her favorite commodities, and she finds both in Greensboro with Stedman.

"It's great," she says. "As soon as you land, you immediately become calm and nobody bothers you because they can't believe it's you walking down the street. You just kind of sit and think about things."

Yet Greensboro is a long way from Chicago—and so is Stedman.

"When we started," Oprah recalls, "I said, 'Stedman, we're now a commuter relationship. Aren't we going to discuss this?' And he said, 'No. We'll do what we have to do.'"

"He's my rock," Oprah says. "When I'm going through a grinning and gripping festival, shaking hands and smiling, and I'm ready to scream that I can't take it anymore, I'll look over at Stedman standing in the corner and see him saying, 'Yeah, you can do it.'"

For all her happiness and success, the one thing that seems to elude Oprah is significant weight loss. And while it doesn't seem to bother Stedman ("I know he really loves me for my heart"), it does bother her.

"It's horrible how I've let this control my life," she admits. "Every day I feel out of control. I'll start out fine in the morning; by the afternoon it'll be the slightest thing. A crab cake will throw me way off."

But she's not ready to give up on herself, and this summer she started yet another diet, quite successfully. "For every day I get through, I celebrate and say, 'I'm one day better than I was yesterday.'" And this time she's also started working out with Stedman's nephew, who, like Oprah, needed to lose fifty pounds. They've developed a healthy competition to push each other to their goals.

That competitive edge is likely to keep Oprah on the winning track of her career, slim or not. Her production company has bought the rights to Toni Morrison's Pulitzer-prize winner *Beloved* and is seeking more projects like *The Women of Brewster Place* to bring to both the big and small screens.

"She will be a major force in the film and television industry," predicts Reuben Cannon.

But for now, Oprah is content to sit back and take it all in. "I'm regrouping my life," she says candidly. "I'm trying to create more balance, spend more time with my boyfriend and concentrate on the things that are important. Because all the money in the world doesn't mean a thing if you don't have the time to enjoy it."

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the most requested HOLIDAY RECIPES

Feast your eyes on everyone's favorites: the most-asked-for fare from top chefs and newspaper food editors coast to coast



- WE LOVE THIS
- SAUCE SPREAD ON
- SANDWICHES

1 cup sugar

Place mustard in top of nonaluminum double boiler. Gradually stir in vinegar. Cover and let stand overnight.

In medium bowl beat eggs and sugar until light and fluffy. Stir into mustard mixture. Cook over boiling water, stirring constantly, until thickened, about 20 minutes. Refrigerate at least 3 days before using. Store in refrigerator up to 1 month. Makes about 3 cups.

Nutrition info per tablespoon: 30 calories, 1 gm fat, 1 gm protein, 5 gm carbohydrates, 5 mg sodium, 17 mg cholesterol.

EXTRA-ZINGY MUSTARD SAUCE BOSTON GLOBE

Food editor Gail Perrin always carries a copy of this simple recipe to hand out to new fans.

Prep time: 5 minutes plus marinating

Cooking time: About 20 minutes

- 1 cup dry mustard
- 1 cup malt vinegar
- 3 large eggs

MANGIA! AN ITALIAN-STYLE QUICK BREAD—BETTER THAN A FRUITCAKE

FRUITED RICOTTA BREAD THE HARTFORD COURANT

This quick stollenlike bread won first prize in the Courant's holiday recipe contest of 1985.

Prep time: 20 minutes

Baking time: 50 to 60 minutes

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 cups ricotta cheese
- 3 large eggs, beaten
- 1 teaspoon vanilla extract
- ¾ cup sugar
- 3 tablespoons chopped candied fruit
- 2 tablespoons golden raisins
- 1 tablespoon chopped almonds
- 1 tablespoon grated lemon peel
- 1 tablespoon butter or margarine, melted

1 tablespoon confectioners' sugar

Preheat oven to 375°F. Grease and flour cookie sheet.

Sift flour, baking powder and salt into large bowl. Make a well in center and stir in ricotta, eggs, vanilla, sugar, candied fruit, raisins, almonds and lemon peel. Knead lightly until dough holds together. Shape into 12-inch-long loaf and place on prepared cookie sheet. Bake 50 to 60 minutes, until toothpick inserted in center comes out clean. Transfer to wire rack. Brush butter or margarine over warm loaf; sift confectioners' sugar over top. Cool completely. Makes 12 servings.

Nutrition info per serving: 305 calories, 6 gm fat, 11 gm protein, 51 gm carbohydrates, 207 mg sodium, 84 mg cholesterol.



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the most requested HOLIDAY RECIPES

ONE-STEP POUND CAKE

THE WASHINGTON POST

Put your sneakers on—this cake is fast, fast, fast.

Prep time: 10 minutes

Baking time: 55 to 60 minutes

- 2 cups all-purpose flour
- 1½ cups granulated sugar
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract
- ½ teaspoon each baking soda and salt
- ¾ cup butter, softened
- ½ cup sour cream
- 4 large eggs
- ½ cup confectioners' sugar
- 1 tablespoon fresh lemon juice

Preheat oven to 325°F. Grease and flour 9-inch fluted tube pan. In mixer bowl beat all ingredients except confectioners' sugar and lemon juice 3 minutes. Pour into pan. Bake 55 to 60 minutes, until cake tests done. Cool 15 minutes. Remove cake from pan; cool. Mix confectioners' sugar and lemon juice; drizzle over cake. Makes 12 servings.

Nutrition info per serving: 340 calories, 16 gm fat, 5 gm protein, 47 gm carbohydrates, 271 mg sodium, 127 mg cholesterol.



WRAP UP THESE THREE LUSCIOUS BERRY HOTCAKE TOPPERS

PERSIMMON CAKE A LA BERTOLLI CHEZ PANISSE, BERKELEY

This recipe is served at Alice Waters's restaurant Chez Panisse, the mecca of California cuisine, and was developed by her executive chef Paul Bertolli. For tips on ripening persimmons, see page 206.

Prep time: 20 minutes

Baking time: 60 to 75 minutes

- 1 pound very ripe persimmons (2 or 3)
- 3 large eggs
- 1 cup plus 2 tablespoons sugar
- ½ cup olive oil
- 2¼ cups all-purpose flour
- 1½ teaspoons cinnamon
- ½ teaspoon salt
- 1½ teaspoons baking soda
- 1 cup walnuts, coarsely chopped and toasted
- ¾ cup raisins
- Confectioners' sugar, for garnish
- Chunky applesauce
- Lightly sweetened whipped cream or hard sauce

TWO GREAT FINALES: AN EASY POUND CAKE AND A STAR-SPANGLED WINNER

MERRY BERRY SYRUP

THE OREGONIAN, PORTLAND

From the berry capital of the U.S., a syrup good enough to pour on breakfast pancakes and desserts.

Total prep time: 50 minutes

- 4 pints strawberries, blueberries or raspberries
- 2 cups sugar
- 1 cup light corn syrup
- 1 tablespoon fresh lemon juice

In food processor process berries until smooth; strain and measure 4 cups puree.

In large stockpot or 8-quart Dutch oven combine berry puree, sugar, corn syrup and lemon juice. Bring to a boil; boil over medium heat, stirring occasionally, 5 minutes. Skim off any foam that rises to surface. Pour boiling syrup into 3 sterilized 1-pint jars with lids; seal. Process in boiling water bath 10 minutes. Makes 3 pints.

Nutrition info per tablespoon: 30 calories, 0 gm fat, 0 gm protein, 15 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

Preheat oven to 325°F. Butter and flour 9-inch cake pan. Cut tops from persimmons and scrape pulp into food processor; process until smooth. Measure 1 cup. (Reserve remaining puree for another use.) In mixer bowl beat eggs, sugar and olive oil until combined. Sift flour, cinnamon and salt together into medium bowl.

In small bowl combine persimmon puree with baking soda. Add to egg mixture; beat until well combined. Beat in dry ingredients. Add walnuts and raisins and fold into batter with rubber spatula. Pour into prepared pan. Bake 60 to 75 minutes, until toothpick inserted in center comes out clean.

Cool in pan 10 minutes. Remove from pan and cool on wire rack. Sift confectioners' sugar over top. Serve warm with chunky applesauce and lightly sweetened whipped cream or hard sauce. Makes 12 servings.

Nutrition info per serving: Without applesauce, whipped cream or hard sauce, 605 calories, 17 gm fat, 6 gm protein, 113 gm carbohydrates, 215 mg sodium, 69 mg cholesterol.

From the book CHEZ PANISSE COOKING, by Paul Bertolli with Alice Waters, Random House, 1988.



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Makes about 6 dozen

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| 2½ cups PLANTERS® Pecan Halves or Walnuts | 1 tsp DAVIS® Baking Powder |
| 4 cups all-purpose flour | ¼ cup BRER RABBIT® Light Molasses |
| 1 cup sugar | 1 tsp ground allspice |
| ⅓ cup water | ¾ cup BLUE BONNET® Margarine |
| 1 tsp ground cinnamon | |

Confectioner's sugar glaze, tinted with food coloring, colored sprinkles or candies

Finely chop 1½ cups nuts. Combine flour, chopped nuts and baking powder; set aside.

In saucepan, heat sugar, molasses, water, allspice and cinnamon to a boil. Remove from heat; stir in margarine until melted. Blend in flour mixture. Chill 1 hour.

Divide dough into 4 equal pieces. Roll each piece into ⅛-inch thickness. With floured cookie cutters, cut out dough. Place on ungreased baking sheets. Bake at 350°F for 8 to 10 minutes or until lightly browned. Remove from baking sheets; cool. Frost with sugar glaze and decorate with remaining nuts, sprinkles and candies.

If you have any questions, call: 1-800-932-7800.



the most requested HOLIDAY RECIPES

BIG APPLE LATKES DAILY NEWS, NEW YORK CITY

These potato pancakes have been updated for use in the food processor, but they're "as good as my grandmother's," says food editor Arthur Schwartz.

Prep time: 25 minutes

Cooking time: 6 to 8 minutes per batch

- 3 pounds all-purpose potatoes, peeled and quartered
- 1 pound onions, quartered
- 3 large eggs, beaten
- ½ cup all-purpose flour or matzoh meal
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- Salad oil for frying
- Sour cream or applesauce

Keep potatoes in bowl of cold water until ready to use. In food processor pulse one third of the on-

ions until chopped fine. Transfer to large bowl. Repeat with remaining onions in 2 more batches. Filling food processor no more than one third full, pulse potatoes in batches until chopped fine. Add potatoes to onions, stirring well after each addition. Stir in eggs, flour or matzoh meal, and the salt and pepper.

Heat ¼ inch salad oil in each of 2 large skillets over high heat. With large kitchen spoon or ¼-cup measure, spoon as many oval pancakes into each pan as will fit without crowding. Cook until golden, 3 to 4 minutes per side. Drain on paper towels and serve immediately with sour cream or applesauce. Repeat with remaining batter, stirring batter well before making each batch. Makes about 2 dozen.

Nutrition info per pancake: 120 calories, 8 gm fat, 2 gm protein, 11 gm carbohydrates, 103 mg sodium, 34 mg cholesterol.

TWO TRADITIONAL CHANUKAH TREATS: SWEET KUGEL (NOODLE PUDDING) AND LATKES (POTATO PANCAKES)

APRICOT KUGEL

MIAMI HERALD

Sunny fruits add warmth to this holiday classic, finished with a crackling cornflake topping.

Prep time: 20 minutes

Cooking time: 25 to 30 minutes

- 1 package (8 oz.) medium egg noodles
- ¼ cup butter or margarine, cut up
- 1 package (3 oz.) cream cheese
- 3 large eggs
- ¼ cup sugar
- 1 cup apple juice or apricot nectar
- 1 can (17 oz.) apricot halves in heavy syrup, drained

Topping

- 2 cups crushed cornflakes
- 3 tablespoons butter or margarine, softened
- 2 tablespoons sugar

Preheat oven to 350°F. Cook noodles according to package directions; drain well. Place noodles and butter or margarine in 13x9-inch baking dish and toss until butter is melted.

In blender or food processor, process cream cheese, eggs, sugar, and apple juice or apricot nectar until smooth. Add apricot halves and pulse until coarsely chopped. Pour over noodles, then sprinkle with topping. Bake 25 to 30 minutes. Let stand several minutes before serving. Makes 12 servings. *Topping:* Combine all ingredients.

Nutrition info per serving: 315 calories, 12 gm fat, 6 gm protein, 47 gm carbohydrates, 343 mg sodium, 112 mg cholesterol.

HOLIDAY CHEESE BALL DALLAS MORNING NEWS

A well-considered blend of three cheeses keeps this treat popular with Dallas readers.

Prep time: 15 minutes plus chilling

E

- 10 ounces mild Cheddar cheese, softened
- 12 ounces cream cheese, softened
- 6 ounces blue cheese, softened
- 2 tablespoons grated onion
- 1 teaspoon Worcestershire sauce
- 1 cup ground pecans, divided
- ½ cup chopped fresh parsley, divided

In food processor process Cheddar until crumbled. Add cream cheese, blue cheese, onion and Worcestershire sauce; blend until smooth. Add ½ cup pecans and ¼ cup parsley; process just until blended. Place in bowl lined with plastic wrap. Cover and refrigerate 4

hours or overnight.

In shallow dish combine remaining pecans and parsley. Shape cheese into ball and roll in pecans and parsley. Serve with crackers. Makes 3 cups.

Nutrition info per tablespoon: 75 calories, 7 gm fat, 3 gm protein, 1 gm carbohydrates, 108 mg sodium, 17 mg cholesterol.

HAVE A BALL: A DELICIOUS COMBO OF CHEDDAR, BLUE AND CREAM CHEESES



Irwin Horowitz

Reynolds® Oven Cooking Bags

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THANKFULLY SIMPLE TURKEY

1/2 cup all-purpose flour
Turkey size (19" x 23 1/2") Reynolds®
Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
16-20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

Preheat oven to 350° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Add onion and celery in bag. Remove neck and giblets. Lightly stuff, if desired. Brush with oil. Place turkey in bag. Close bag with nylon tie; make 1/2-inch slits in top. Insert meat thermometer through slit in bag into thigh. Bake to 180°F or 2 3/4 to 3 1/4 hours. Add 1/2 hour for stuffed turkey. Serves: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

1/2 cup all-purpose flour
Turkey size (19" x 23 1/2") Reynolds®
Oven Cooking Bag
16 pound fully-cooked ham, bone-in
10 whole cloves

Preheat oven to 325° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Remove skin; trim fat from ham, leaving a thin layer. Lightly score surface of ham; stud with cloves. Place ham in bag. Close bag with nylon tie; make 1/2-inch slits in top. Insert meat thermometer through slit in bag. Bake to 100°F or 2 1/2 to 3 1/4 hours. Serves: 16 to 22 servings.

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5 special gifts

After years of trying to have a child, Kim and Michele Davis have been blessed—five times over. Here, the story of the birth of their quintuplets, and what life is like in a house filled with babies



Last year, if anyone had told me that this Christmas I'd have five babies, I never would have believed it," says twenty-seven-year-old Michele Davis, smiling in wonderment. Michele and her thirty-seven-year-old husband, Kim, had almost given up all hope of ever becoming parents. But last April their long wait ended with a miracle when Michele gave birth to quintuplets—the smallest quints to survive anywhere in the world. They finally had their reward for all the despair.

It was just after their first wedding anniversary, in 1984, that Michele, a systems administrator at an insurance company, and Kim, a sales executive for a computer-software firm in Indianapolis, got serious about starting a family. But month after month they failed to conceive. "We'd always build up hope, and our hopes would be dashed," Kim says. "It was like being on a roller coaster."

The Davises consulted one infertility specialist after another, but doctors could find nothing wrong. "They called it 'unexplained infertility,'" says Michele. The couple tried fertility pills and injections and even artificial insemination using Kim's sperm. When those techniques didn't work, they were advised to just keep trying.

Afraid she would never have a baby, Michele became severely depressed. She was unable to eat, and she would burst into tears at the sight of a pregnant woman or an infant.

(continued)

Above, four of the quints pose together at home. Left, baby Matthew, still in the hospital, cuddles with his parents

By Marianne Jacobbi

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EXCLUSIVE (continued) Then, in October 1987, Kim and Michele learned of a new procedure called GIFT—gamete intra-fallopian transfer—in which the woman's eggs are removed from her ovary and then put into the fallopian tube along with her husband's sperm. Unlike in vitro fertilization, in which the egg and the sperm are fertilized in the laboratory, fertilization with GIFT takes place inside the woman's body.

Michele's doctor, John C. Jarrett II, M.D., the director of the Pregnancy Initiation Center at the Humana Women's Hospital, in Indianapolis, told the Davises that he felt they were ideal candidates for the three-year-old procedure: Though unable to conceive, they both appeared fertile, and Michele had normal, undamaged fallopian tubes. The doctor also told them GIFT had a national success rate of 15 to 20 percent and a 35 to 40 percent success rate at Humana, and cost approximately \$5,000. However, their health insurance would not reimburse them.

After talking it over, Kim and Michele decided to try the GIFT procedure once. "We agreed that if it didn't work, we would start adoption proceedings," says Michele.

On October 15, 1987, Jarrett performed the operation, removing several eggs from Michele's ovary. Normally, he would implant four eggs in the fallopian tube along with the sperm to increase the chances of conception. But Michele had always wanted twins, and hoping that another egg might improve the odds, she asked Jarrett to implant a fifth egg. The doctor warned the Davises that they might end up with triplets. They listened, then agreed to take that risk.

Two weeks after the operation, and as part of the standard GIFT procedure, Michele was given a pregnancy test, even though she had not yet missed her period. The nurse promised to call with the results that same day. At home, Michele sat by the phone, unable to concentrate on anything. "I was convinced I wasn't pregnant, and I cried at every baby commercial that came on TV," she remembers. At three-thirty P.M., Jarrett called. "I thought it was a sympathy call," says Michele. "Then he said, 'You're pregnant!' I was hysterical, crying and screaming. I called Kim at work. All I could manage to say was 'Hi, Daddy.'"

Later that day, Jarrett explained to the Davises that it was too early to tell how many babies Michele was carrying; further testing would have to be done.

Two days later, Kim and Michele left Indianapolis for New England, where Kim was starting a new job as sales vice-president for a Boston computer-software firm. Michele planned on looking for a job once they'd settled into their four-bedroom colonial in the rustic town of Bedford, New Hampshire.

Immediately after arriving in New Hampshire, during the second week of November, Michele made an appointment for an ultrasound test with Thomas Barrett, M.D., an obstetrician-gynecologist at Catholic Medical Center in the nearby city of Manchester. Because women who undergo GIFT are at a greater risk for tubal pregnancy, an ultrasound is a standard pro-

cedure to make sure that the fetus is growing normally.

During the ultrasound, "I could see the technician biting her lip," Michele recalls, "and I started wondering what was wrong. Kim was watching the screen, and he said he thought he'd detected three little heartbeats. A second technician was brought in. I was shaking. I kept telling Kim, 'We can't be having triplets!'"

The astounding news

After the ultrasound exam, Kim and Michele were whisked in to see Barrett. "He said, 'You have five babies,'" says Michele, her voice wavering as she remembers that moment. "I didn't believe him. I was flabbergasted, petrified—and happy!"

"We were both in shock," agrees Kim. "But where I was proud, Michele was worried. She kept saying, 'My body can't handle five babies!'"

Barrett told the Davises that because two of the gestational sacs were slightly misshapen, he was concerned about the possibility of miscarriage. He instructed her to stay off her feet, to abstain from intercourse and to get lots of bed rest. Every week she was to have an ultrasound exam to check for a possible miscarriage and to monitor the growth of the babies.

Having just settled in a town where she didn't know anyone and in a house that still needed furnishing, Michele began a routine that would last for the next three months. She spent her days lying on the couch, reading and watching TV. Kim, who was working sixty to seventy hours a week at his new job, did the vacuuming, laundry and cleaning at night when he got home.

"It was a hard time," Michele remembers. She was plagued with severe leg cramps and had such terrible morning sickness that she had to be hospitalized briefly in November. And as the babies grew bigger, compressing her stomach, painful heartburn set in.

She also struggled with feelings of worry. "I was so happy to be pregnant, but I was also very down," Michele admits. "We'd tried so hard for this pregnancy, and I was afraid we'd end up losing all the babies. And I was scared for my own health, that I might not come through it alive."

By late December, toward the end of Michele's first trimester, a subsequent ultrasound exam revealed that all the fetuses, now called A, B, C, D, and E, looked healthy. "We breathed a sigh of relief," Kim says, "although we were cautioned that miscarriage was still a definite possibility."

The doctors were also concerned that Michele might give birth to the babies prematurely. "We wanted Michele to make it to at least twenty-eight or twenty-nine weeks—there had never been any surviving quintuplets born earlier than that," explains Curtis Cetrulo, M.D., professor of obstetrics and gynecology at Tufts University School of Medicine, in Boston. A specialist in multiple births, he began treating Michele at the start of her fourth month. To watch for signs of premature delivery and to ensure complete bed rest, Barrett and Cetrulo hospitalized Michele on February 15 for the duration of her pregnancy. (continued)

"I was afraid that we would end up losing all the babies, and that I might not come through it alive."

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■ FIVE SPECIAL GIFTS

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By March 23, Michele had gained forty-seven pounds and started to have painless but frequent contractions. She was transferred to St. Margaret's Hospital, in Boston, which had a neonatal intensive care unit. She was given steroids to help the development of the babies' lungs, and medication to stop the contractions.

Against all odds

But on April 6, in only her twenty-sixth week of pregnancy, Michele's waters broke and she went into active labor. "We were very worried," says Cetrulo. "In single births, babies born at twenty-six weeks have about a fifty-fifty chance of surviving. With five babies, the chances are reduced to less than twenty-five percent."

Frantic, Michele called Kim at work to tell him she was in labor. He raced to the hospital, more frightened than he'd ever been. "I kept thinking, I can't believe we've been through all this to lose the babies now," he says.

By the time Kim arrived at St. Margaret's, a team of forty nurses, obstetricians, pediatricians and technicians had assembled in two delivery suites to prepare for the arrival of the quintes. At 8:22 P.M., four hours after she first went into labor, Michele delivered a tiny baby girl who weighed just one pound thirteen ounces.

Michele was given more medication in the hopes of bringing the labor to a halt, but the contractions continued. Just before midnight, the other four quintes—two boys and two girls—were delivered by caesarean section. Before Michele could even get a look at her babies, they were rushed off to the neonatal intensive care unit. The infants averaged only about a pound and a half each; the smallest, a boy, weighed a minuscule one pound six ounces.

Despite the babies' size, "they did remarkably well," says Cetrulo. "They all cried, were vigorous and started breathing right away."

Michele didn't see her babies until they were two days old. "I had to stay in the labor and delivery room so the medical staff could monitor me to make sure I didn't hemorrhage," she says. "Everybody saw the babies before I did! I was going crazy."

But when she was finally wheeled to the neonatal nursery to see her newborns, she broke down in tears. "They were so tiny," she says, her voice trembling. "And they were buried in equipment—IVs, feeding tubes, heart monitors and oxygen machines. They were being kept alive artificially."

The outlook for the quintes was bleak. Joseph L. Kennedy, Jr., M.D., the director of neonatology at the hospital, told Kim that he felt there was only about a 10 percent chance that a five babies would survive. The next several days—even weeks—would touch and go.

Kim spent the following five days and nights at the hospital with Michele. The long hours of their vigils were filled with ups and downs. One day the girls suffered a collapsed lung which required surgery. One of the boys seemed to have more problems than the other babies and would later require open-heart surgery. "All the babies would be doing well one minute," Kim says, "then the next minute one would turn purple, and the doctors and nurses would rush over and ask to leave the nursery. We'd stand outside the hallway, worried sick that we were about to lose our child."

On April 11, only five days after the birth of the quintes, Michele was discharged from the hospital. "She was very sad that day," Kim remembers. "She felt like she was leaving a part of herself behind." Michele's mother came from Ohio to help her recuperate, but Michele found it almost impossible to rest. "I went to the hospital every single day," she says. "The nurses wouldn't allow me to hold the babies for more than a minute—two, so I would touch them and talk to them so that they would know who was." Michele spent eight to ten hours a day at the hospital.

Miraculously, after two months, the babies—now named Jessica, Emil, Natalie, Phillip and Matthew—were gaining weight and breathing better on their own. Although the doctors were still cautious, they were more optimistic. By early June, the three girls were ready to be transferred to a local hospital in New Hampshire. (The boy's progress was slower, and they remained in Boston.) And by midsummer, the girls had tripled in weight, five pounds each, and were ready to go home. Kim and Michele were ecstatic.

For the first four weeks after Jessica, Natalie and Emily were home, relatives stayed with the Davises to lend a hand, and neighbors and friends from their church dropped by each day with homemade casseroles. After that, Michele found a live-in baby-sitter through an agency—at the same time Phillip was first allowed home from the hospital in early September.

Baby Matthew, however, was progressing as quickly as his siblings and had to remain in the hospital. Doctors believe he has congenital problems and will require special care. Kim and Michele plan to have further

is done as soon as possible. At the time the *Journal* went to press, the Davises were hoping Matthew would come home in time for the holidays. Because the babies at home were so tiny, Kim and Michele had to be trained by the hospital nurses to care for them. At first they had to feed the babies every three hours around the clock and weigh them daily to make sure they were gaining weight. And since preemies often have trouble breathing—or can stop breathing altogether—they were taught CPR. There have been times when I've panicked," Michele says of the daily drama of caring for her tiny babies. Once, when my mother was here, we suddenly heard Natalie screaming terrifically. We ran upstairs and found her lying in her crib with her

arms and legs stiffened up, gasping for air. First, I panicked. Then I instinctively took out the suction tube and cleaned out her nose. It took me a half hour to calm her down."

With crisis situations almost a daily occurrence, and the amount of time and energy required to care for four babies and visit Matthew in the hospital, the Davises' lifestyle has undergone a drastic change. "Our life is a zoo now," Michele jokes. Her day begins at six A.M. to the cries of hungry babies. Because Michele insists her tiny infants be held while they're eating rather than be propped up with a pillow, she's developed a special routine to feed them one at a time. "I start with the baby who was fed first the last time, who's of course the hungriest now," she explains. "I give that baby

an ounce, burp him or her and then hope he or she will be content with a pacifier for twenty minutes while I pick up and feed the next crying baby. I break up their feedings like that until they've all had a full bottle."

Once all the babies are fed, about an hour and a half later, it's bath time. Michele, who has learned that caring for quints requires supreme organization, always lays out powder, diapers and clothes in assembly-line fashion before she bathes or changes the quints. Then, the babies play in their playpens or rock happily in their swings until their second feeding at about eleven A.M., when the baby-sitter comes on duty.

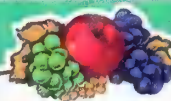
By early afternoon, the babies are in bed for a two- to three-hour nap while Michele and the sitter (continued)

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vacuum and do laundry—three loads every day. The quintts wake up at about three, ready for their third feeding. In the late afternoon, while the sitter stays with the babies, Michele often does the grocery shopping and prepares dinner.

At seven, Kim gets home from the office. While Michele gets dinner on the table, he plays with the babies; his favorite activity is turning on the stereo and dancing with them. "At seven-thirty Kim and I sit down for a twenty-minute dinner," Michele says. "And that's the only talking we do all day. Since the quintts were born, we've gone out only once. It was supposed to be a romantic dinner, but we talked about the babies the whole time!"

At eight o'clock, the sitter goes off duty, and Kim and Michele give the quintts their final feeding of the day. Usually, it's close to eleven before all the babies fall asleep. Then Kim and Michele collapse into bed themselves. "If I'm lucky, I'll get to sleep until five," Michele says. "But usually somebody wakes up at two or three."

Kim, who never used to mind the traveling his job requires—he's usually out of town three days a week—

finds it harder and harder to be away from home these days. "When he's away, he'll call at least eight or nine times a day," marvels Michele. "He's crazy about the babies."

The Davises are awed by the fact that the quintts have such different personalities. Natalie, the smallest girl, is the most feisty and strong-willed of the five, and was the first one to roll over and to hold her head up. Emily, on the other hand, is laid back and always smiling, her parents say. Jessica, the biggest and firstborn quint, makes her parents laugh with all the funny faces she makes. Phillip, who talks more than any of the other babies, is referred to as Mr. Personality. And Matthew, who has been hospitalized for so long, appears to his parents to be the most active baby.

But along with the Davises' delight in their babies is the financial reality of an instant large family. Hospital bills for Michele and the babies exceeded \$1 million; the couple figure that they'll have to pay at least \$20,000 of that themselves (the rest is covered by insurance). And because Michele is not working, they have only one income to pay for all their new expenses. The weekly diaper bill is close to \$100, and the baby-sitter's fee is \$200. "As soon as I can manage

without a sitter, we'll have to let him go," Michele says. Fortunately, Enamil is providing formula for the quintts for one year, and Gerber has donated a year's worth of baby food. "But we worry about grocery and clothing bills down the road, when the kids start growing quickly," Michele says.

However, the Davises forget about their money worries when they look at their happy babies. "It's a heck of a lot of work and responsibility, but we're having so much fun!" says Michele. "It's wonderful to see all those happy little faces every morning."

Kim and Michele are especially looking forward to celebrating Christmas with the quintts. Michele's parents will be visiting, and she and Kim plan to put up a ten-foot tree. "I picture the quintts crawling around, looking at the tree with big eyes and pulling off the ornaments!" Michele says, laughing.

She looks around the room at the contented infants, at Baby Jessica cradled in her father's arms. "I think of all the happy moments to come, watching the babies grow," she says. "Kim and I feel very, very blessed. Miracles do happen."

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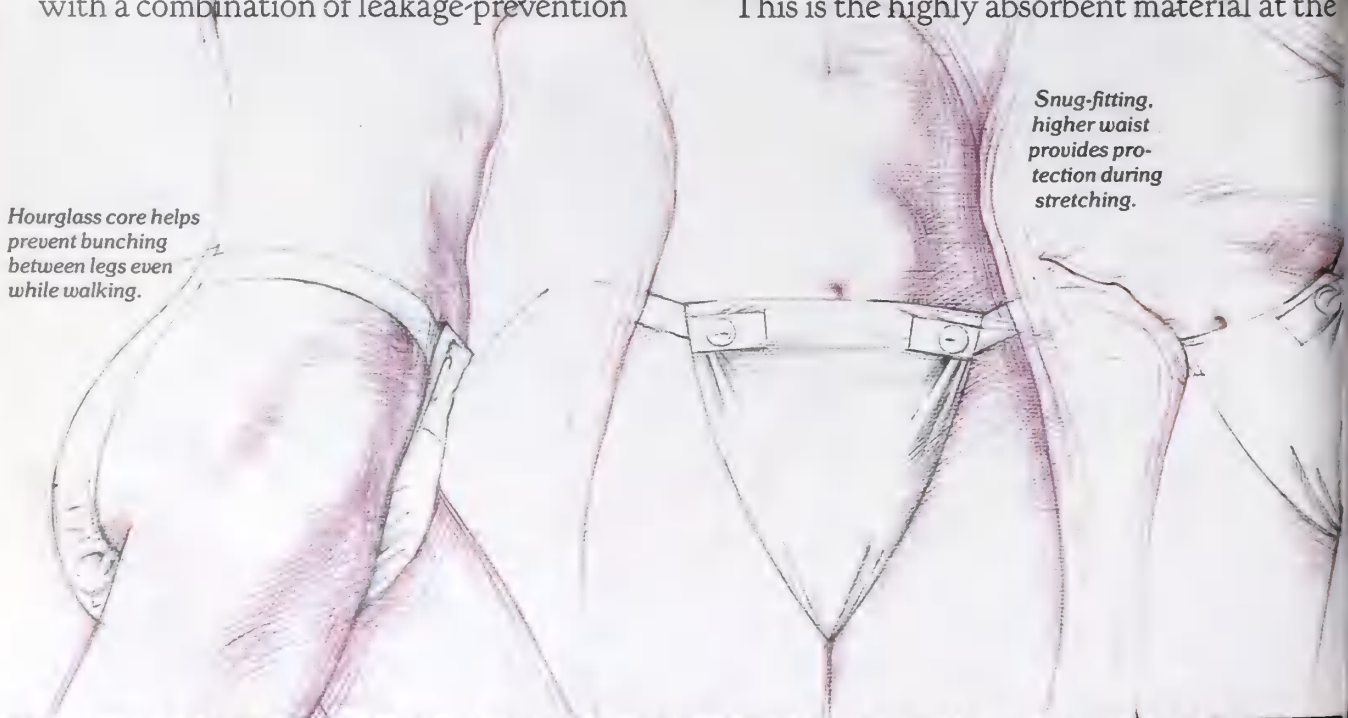
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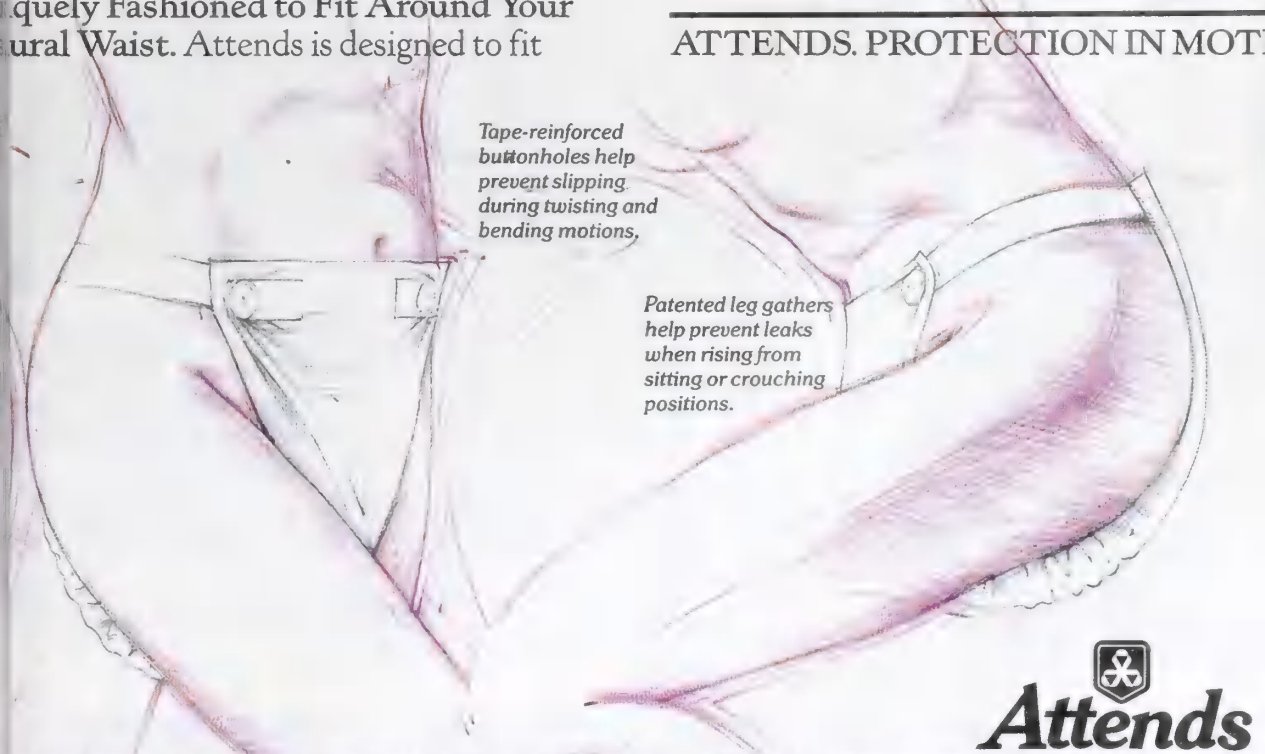
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BRIEFS AND UNDERGARMENTS



She may be best known as the long-suffering Val Ewing on "Knots Landing," but to those who really know Joan, she's the big kid who just loves Christmas

Joan Van Ark

"I STILL BELIEVE IN SANTA"

I wait all year for Christmas," admits Joan Van Ark, who claims to be more outgoing, offbeat and romantic than Val Ewing, her goody-goody alter ego of the last nine years. "It's the only time worth waiting for. I love to think that Christmas is the excuse for the rest of the year."

As she talks, she points out where she'll place the various Christmas trees that will dominate her Hollywood Hills home from December 20 until midnight on Christmas Day. In early August—a time when most of us have visions of air conditioners, not sugarplums, dancing in our heads—Joan is already poring over catalogs and magazines, putting together Christmas gift ideas for family, friends, and the cast and crew of *Knots Landing*.

"I always have an eighteen-foot tree in here," she says as she gestures at the living (continued)

By Jenny Cullen

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JOAN VAN ARK continued

room, with a view of the San Bernardino mountains and a ceiling more than twenty feet high. "I like to have a fat little tree in my bedroom covered in antique lace and ornaments. There also has to be a tree on the stair landing that you can see when you walk in—a green tree with antique wooden ornaments, all in traditional Christmas red and green."

The house decorations are, amazingly, all done in one day. "I get two men to help, and by the night, it's just magic. You gasp, it's so beautiful, and suddenly you know it's Christmas."

"When you're an idealist like me, you always want to believe in Santa Claus and the Tooth Fairy," she goes on. "You hold onto those things because they are positive. Where Christmas is concerned, I refuse to grow up."

Joan, one of television's most popular leading ladies, first caught the public eye with two appearances on early episodes of *Dallas*. Audience response was so strong, the network cast her in *Knots Landing*, the series spin-off.

She's also appeared as a guest star on dozens of TV shows and made numerous television movies in the last decade, acting opposite such stars as Bette Davis, Barry Bostwick, William

Devane and the late Richard Boone. And 1988 has been one of her busiest years ever. In recent months she made two TV movies. In the CBS film *Shakedown on the Sunset Strip*, she played the celebrated madam of a brothel in 1940s Los Angeles. The other, her second movie for ABC, called *One More Time*, co-starred Bea Arthur and Richard Kiley as the other players in a romantic triangle.

Memories of Christmas past

But despite all her professional success, Joan's fondest memories are those of Christmas. For Joan, the season is a time to reflect on her loving childhood and the precious holiday seasons spent with her family.

"My strongest Christmas memories are definitely of my parents' home in Boulder, Colorado," she says. "I often think of when my sister and two brothers were home as teenagers. My husband [Los Angeles TV newscaster John Marshall] was also around because we were dating at the time. We'd all sit in the big living room around a huge tree we'd cut down ourselves. Then we would take turns opening up the presents."

"Even further back, I remember how we'd always leave Santa a Dutch coffee mug, filled with hot chocolate and

melted marshmallows on top. Then parents would give us each one present to put by our beds so we could open as soon as we woke up in the morning. All those memories are so special."

Her memories of Christmas 1990, however, are bittersweet. In August of that year, her mother died. Her father had died ten years earlier, and the responsibility of hosting the family Christmas celebration fell to her.

"I am the eldest, so I felt I should take over the mantle from my mother," Joan explains. "I wanted to have Christmas for us all, but I wanted it here in California. The memories in Colorado were still too fresh."

Joan, John and daughter Vanessa, then fourteen, had barely moved into their new Hollywood home when all came the holiday guests: brothers David and Mark, sister Carol, the spouses and a total of seven children.

"There wasn't a stick of furniture in the house until December 21," Joan recalls. "We hadn't closed on the house until December 21." She managed to borrow some beds and mattresses from the set of *Dallas*, and after a blessing from a neighboring neighbor, it was Christmas as usual for the family. "I wanted that Christmas to be special and memorable," Joan says, "and it certainly was!"

The Van Ark Christmas tradition was briefly put on hold the following year when Joan and her husband traveled to England to fulfill Joan's lifelong ambition of spending a Dickensian Christmas in London.

"My family is Dutch, but I am sure in some life I must have been English," she says, laughing. "It has always been a dream of mine to go there for Christmas. In London, they celebrate Christmas even more than I do. There they make it last for a full twelve days."

Joan's husband does not regard the holidays in the same spirit as Joan, which she jokingly calls him "the cynical bah humbug."

"He didn't grow up as I did in a warm family where Christmas was special," she explains. "His parents divorced when he was five, and it's not the magic for him it is for me. While I'm going nuts with garlands and trees and fragrance and logs in the fireplace, he's teasing me, telling me I have bubbles coming out of my head."

A blissful marriage

The two were teenage sweethearts who dated in high school and went their separate ways when they left Boulder for college. They met again in London twenty-one years ago, when John went to see his old sweetheart perform in *Barefoot in* (continues)

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■ JOAN VAN ARK

continued

the Park, and fell in love all over again. In Hollywood where divorce is practically the norm, their enduring marriage has become legendary.

"I think our marriage works so well because we make allowances for each other," Joan says. "Marriage is a partnership, and I think for us it is so sound because we allow each other the freedom to be ourselves. I am never happier than when I am working, and John has always encouraged me with my acting. I am so grateful for that."

Joan gives him free rein as well. "John's a news reporter and he's on the air every day," she says. "But this morning he dresses like he's just run out of a burning building. It's refreshing, but it can also be frustrating. He's got curly hair, and people tell him he looks like James Caan or Wayne Rogers. So he combs the front of it but forgets about the back. I want him to look as handsome as I know he can, but he just gets in his Porsche and he's out of here. All he's interested in is doing his stories, and he couldn't care how he looks. It frustrates me to death."

Joan, on the other hand, loves fashion and says if you ask her for details on someone's makeup or clothing, she can provide them.

"The highest praise I can give something is to say it feels just like Christmas morning."

"But I'm hopeless with the tail as far as anything else is concerned," she admits. "John drives John wild. He always has to know who, what, where and how whenever I'm telling him something, and he usually can't answer."

Being a high-profile couple has caused Joan and John to place an even higher value on their time at home.

"We just have so little privacy if we go out in public," she says. "That's why our house is such a haven. We spend most of our time together here and entertain a lot of people at home. It's our refuge."

With daughter Vanessa now a drama student at Princeton, Joan admits to a yearning for the company of younger children, whom she calls "kneecap people," during the holidays.

"I want children around at Christmas," she says. "It's always so special when Vanessa was little. The magic of it, all, the wide eyes."

Having young nieces and nephews allows her to recapture that wonder. Her two television children, five-year-old twins Chris and Joey Cousins, also share in the holiday excitement. Joan takes special delight in their obvious joy.

"They are like picture-postcard kids," she says. "They come over to see the trees, listen to the carols and play with my kitty-cats—I've got five. I love watching their little faces."

Her own face lights up as she recalls the memory looks forward to the new ones to be created this year.

"All our lives are so hectic that it's really nice to have that time when the world does stand still for a bit and we can enjoy Christmas and all that it stands for," Joan reflects. "I think that Christmas is so important to me because I have that childlike wonder about it. In fact, the highest praise I can give something is to say it feels just like Christmas morning. There's nothing like it."

9854 DAK



TECHNO TOYS MAKE
LOTS OF NOISE, BUT
A DAKIN
IS FOR
KEEPS.

DAKIN. SAN FRANCISCO



GIFTS WITH CHARACTER



Trevor Ferrell's campaign to feed the homeless has helped thousands. But now this extraordinary young man and his family are faced with a crisis of their own

The greatest LOVE

Christmas had always been one of Frank Ferrell's favorite holidays. In recent years, it reminded him of the frigid December night in 1983, when his eleven-year-old son, Trevor, saw a television news report on Philadelphia's homeless and begged for a ride downtown so he could cover a street person with the blanket off his bed.

Frank and his wife, Janet, comfortable in their suburban house on the area's elegant Main Line, didn't even want to go out into the cold that night, much less search for derelicts in seedy, dangerous areas of the city. But Trevor insisted.

"There, there!" the boy yelled as Frank steered the car down the city's darkened streets. Trevor, who had spotted a bundle of rags curled up on a sidewalk grate, leaped out of the car, walked up to the man and put the yellow blanket around his shoulders.

"Thank you and (continued)



Whether he's working in the shelter named after him or comforting a derelict on a dark and dangerous city street, Trevor is constantly trying to help the homeless and the destitute

By Pamela Lister

Growing up means growing out of chewables...

and into Junior Strength Tylenol.[®]

She's ready.
It's time for your big girl to switch from chewables to Junior Strength Tylenol. Two Junior Strength Caplets have the same pain and fever relief as four chewables, so giving the right amount of medicine for children 6 to 14 is easy. And they're easy to swallow because they're small and specially coated. Junior Strength Tylenol. Ready when she is.

When she outgrows chewables, she grows into Junior Strength Tylenol.





**We don't know
why it's called
chili sauce, either.**

What's in a name?

Try chunks of fresh tomatoes. The sweetest onions. And a blend of mild spices that brings a tangy taste to all of your favorite recipes.

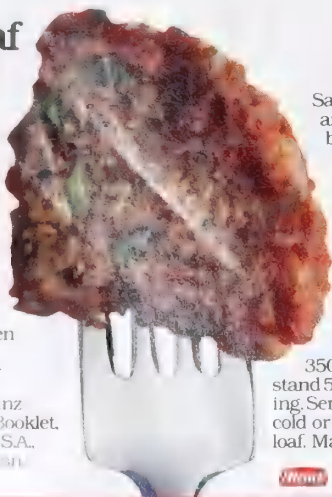
That's our Heinz Chili Sauce.

Call it what you will. You'll make a name for yourself with every meal you make.

Fiesta Meat Loaf

½ c. chopped onion
½ c. chopped celery
¼ c. chopped
green pepper
2 tablespoons
butter or
margarine
1 bottle Heinz
Chili Sauce
(12 oz)
1½ pounds lean
ground beef
1 c. soft bread
crumbs
1 egg, slightly beaten
½ teaspoon salt
½ teaspoon pepper

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Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine ½ cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

© 1988 H. J. Heinz Co.

THE GREATEST LOVE

continued

"God bless you," the man murmured, looking up at the boy. "And God bless you," Trevor answered calmly. Frank and Janet, sitting in the front seat, breathed a sigh of relief. They could go back home again. It was over.

But it was only the beginning. On the following night and for weeks afterward, Trevor returned to the streets carrying whatever food and bedding he could beg from Ferrells' neighbors in the suburb of Gladwyne.

News of the campaign spread, and within three months the young boy whose campaign started with the gift of a single blanket had been given thousands of dollars in donations and a building to convert into a shelter.

Four years later, Trevor's spontaneous act of caring had grown into a full-scale, \$1 million operation, with a thousand volunteers and fledgling chapters around the country. Frank had given up his profitable electronics business to devote himself full-time to running the charity.

But last fall Frank found himself lethargic and unable to feel his usual enthusiasm for his work. He suffered severe headaches, and one weekend he vomited continuously.

By Christmas 1987, Frank, forty-seven years old, was in the hospital, suffering from an inoperable malignant brain tumor. And the Ferrells, who had helped so many people cope with crises, were faced with a tragedy of their own.

A campaign of love

Trevor, now sixteen and more than six feet tall, bears only a faint resemblance to the small boy who went into the streets of Philadelphia five years ago. But his green eyes still have the childlike innocence that won the trust of many of the city's homeless.

"It's hard," he says with an adolescent's awkwardness. "It's hard hearing what the doctors have to say about him. I jump to conclusions about how bad he is, and I worry a lot."

Trevor often tries to forget his fears by losing himself in his campaign: making a speech or talking with the street people at his thirty-bed shelter, Trevor's Place.

Driving toward the shelter, Trevor grows more cheerful when he spots a familiar face. "Hey, Mary!" he calls, stopping to greet a dirty, wrinkled woman who has just finished rummaging through a garbage can. "Trevor, how are you doing?" she says.

Well-dressed commuters rushing by stare at the young man talking animatedly with the shabby elderly woman. To them, Mary is just one of the city's thousands of homeless people. But to Trevor, she is part of his family.

As he drives back home at the end of a day at the shelter, Trevor is silent. Suddenly, he bursts out, "You know, doctors have been wrong before. Who's to say my dad's going to die?"

A family's suffering

Frank Ferrell does not seem like a man who is nearing the end of his life. As he jokes and talks with Janet and Trevor in the family's kitchen, he looks like a typical suburban husband and father. But since the discovery of his tumor, a rare type known as a pineocytoma, Frank has suffered dizziness and severe headaches, and he has had to fight keep working in the face of his fatigue and blurred vision.

The pain is not always acute, however, and there are times when it disappears altogether. "Sometimes, I almost forget I have the tumor," Frank says. "But then I accidentally touch the back of my head and feel the heat they made for the biopsy. And zap! I feel the pain again."

This Christmas may be the *(continued on page 72)*



The Best Christmas
Gifts Still Come From
The Home Of
That Jolly Old Man
With A Funny Hat And
A Bushy Moustache.





MONOPOLY® Our classic wheeling and dealing real estate game, an international favorite for over 50 years. Ages 8 to adult.



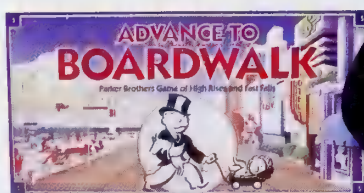
TRIVIAL PURSUIT® The ultimate test of your knowledge of trivia. What's your area of expertise: geography, entertainment, history, art and literature, science and nature, or sports and leisure? A favorite party game!



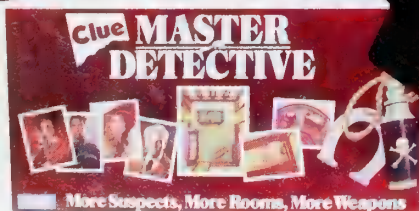
SORRY® Watch out for the slides backward moves and, most of all, your opponents in this zany race game. Ages 6 to adult.



CLUE® Was it Colonel Mustard in the Library with a Lead Pipe? Use your sleuthing abilities to track down the culprit in our classic detective game. Ages 8 to adult.



ADVANCE TO BOARDWALK® In this game of high rises and fast falls, you'll use cunning and strategy—and end up with millions. Ages 8 to adult.



CLUE® MASTER DETECTIVE™ Discover whodunit in this expanded version of the original CLUE® mystery game. Ages 10 to adult.

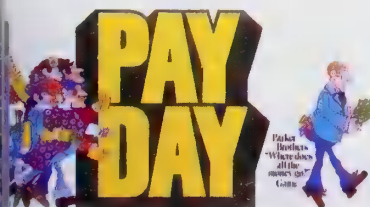


PIZZA PARTY® Use memory and matching skills to fill your pizza slice with one kind of topping. Ages 4 to 8.





CHICKEN OUT® It's a cock-a-lie doodle dash as everyone races to be the first chicken to cross the road. Ages 6 to adult.



PAYDAY® Will you win the lottery, or pay for groceries? Just try to get through the month under budget. Ages 8 to adult.

MASTERPIECE



MASTERPIECE® Bid and bluff on masterpieces—or forgeries—in this exciting art auction game. Ages 10 to adult.



CRACKERS IN MY BED® Find and match cracker cards hidden in the kid's quilt, then pop the crackers into his wide-open grin. Ages 3 to 6.



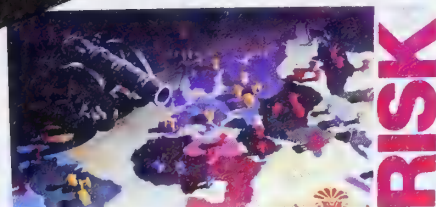
BOGGLE® Shake up the grid, then race against the clock and each other to find the most hidden words. Ages 8 to adult.



HOT POTATO™ Toss around the stuffed fabric potato until the music inside him stops—and somebody's caught out! A variation of Musical Chairs. Ages 4 and up.



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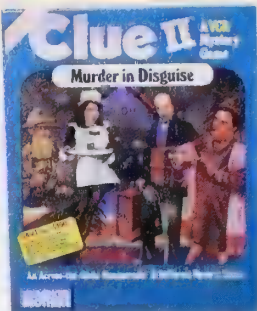
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PARKER BROTHERS

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THE GREATEST LOVE

Continued from page 72

y's last together. Frank's doctors e has only a few years to live at It is a terrifying sentence, yet it vious that Frank and his family learned to deal with it.

the phone to Liza, twenty-two, dest of his four children, a college nt in Boston, Frank says laugh- "Yeah, I think I'll still be d for another week or so." Janet Trevor, hearing him, roll their and smile.

s that kind of humor in spite of whelming difficulty that has d the Ferrells handle the hard- of Trevor's campaign as well as s's illness.

ar lives have been completely ed by the campaign," Janet, quiet ark-haired, says bluntly. "For the ew years, it was awful, just awful." was only last year that the nightly distribution began to be organized the shelter. Until then, dozens of teens had descended on the Ferrell each day, and the family often their lawn strewn carelessly with ure, appliances or anything else e thought they might need.

ar home really took a beating," s says. "Our emotions did, too."

By far the biggest shock, though, came when Janet, on vacation ten months after Trevor started his campaign, called home and found her husband had closed his profitable electronics store to devote himself full-time to the homeless. "I won't tell you what I said to him," she says.

"We had the traditional home," Janet continues. "I had the station wagon, the dog, the kids; I stayed home. Now I'm working full-time at the campaign's thrift shop, and the house is falling apart."

The couple also argued over Frank's failure to spend more time with his other three children. There was a time when Allen, eighteen, Frank's older son, would barely speak to his father. Finally, one day the teenager said to Frank, "I'm not jealous, but you're always saying on the phone, 'Hi, I'm Trevor's father.' But you're my father, too, and Jody's father and Liza's father."

The statement hit Frank square in the face. "He had a terrific point," Frank says. "I had sacrificed time with my family."

For a time Frank worried, too, about Trevor himself. Requests for Trevor's appearances grew so steadily that the Ferrells finally began charging a \$500 fee (which goes to the campaign) for each speech, and they tried to limit the

teenager's engagements to large groups. Even so, Trevor still traveled constantly, speaking around the country, meeting with President Reagan in the White House and with Mother Teresa in Calcutta.

"I was always looking for a change in him, wondering whether he was going to get conceited," Frank says. But there proved little cause for concern. Trevor is, as his father says, "no saint—just a remarkable kid." He prefers that people avoid comparing him, as they inevitably do, to Christ or Mother Teresa. "I just like being me, Trevor Ferrell," the teenager says now. "I'm no different from anybody else. Other people go out in the van to help the homeless. I just happened to start it."

And while Frank may have had to make amends to his other children, Trevor's relationship with his brother and sisters remains unchanged. He and Jody, twelve, still like the same kind of clothes; he and Allen go to the same movies, and he and Liza like the same kind of people. "I still fight with them, too," Trevor adds, grinning.

Coming to terms

In mid-1987, with the campaign under control, the Ferrells thought everything in their (continued on page 80)

Give your party a holiday flavor with Hillshire Farm.



Holiday parties take on a festive air when you include the inviting taste of Hillshire Farm Smoked Sausage and Polska Kielbasa. Simply heat and serve in bite-size pieces alongside a variety of sauces for dipping. Try it with barbecue sauce, sweet and sour sauce, horseradish sauce, cocktail sauce or Mexican salsa. It's easy to treat your guests right when you treat them to Hillshire Farm.



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1. FRENCH ONION DIP

½ cup Best Foods Real Mayonnaise
2 cups sour cream
1 pkg. (1.9 oz) Knorr® french onion soup and recipe mix

Stir all ingredients until well mixed. Cover; chill. Makes 2½ cups.

2. SPINACH DIP

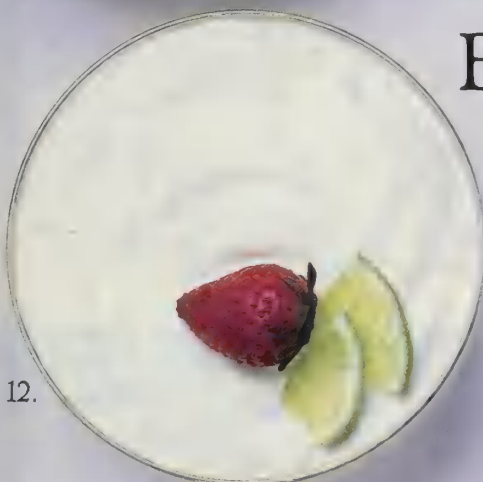
1 cup Best Foods Real Mayonnaise
1½ cups sour cream
1 pkg. (10 oz) frozen chopped spinach, thawed, drained
1 pkg. (1.4 oz) Knorr® vegetable soup and recipe mix
1 can (8 oz) water chestnuts, drained, chopped (optional)
3 green onions, chopped

Stir all ingredients until well mixed. Cover; chill. Makes 3 cups.

ENJOY THE 12 DIPS OF CHRISTMAS. WITH BEST FOODS.®



11.



12.

3. HOT ARTICHOKE DIP

- ½ cup Best Foods Real Mayonnaise
- ½ cup sour cream
- 1 can (14 oz) artichoke hearts, drained, chopped
- ½ cup grated Parmesan cheese
- ½ tsp. hot pepper sauce

Stir all ingredients until well mixed. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 2 cups.

4. GUACAMOLE DIP

- ½ cup Best Foods Real Mayonnaise
- 1 large avocado, peeled, mashed
- 1 small tomato, chopped
- ¼ cup minced onion
- ¼ cup drained chopped green chilies
- 1 Tbsp. lemon juice
- ½ tsp. salt

Stir all ingredients until well mixed. Cover; chill. Makes 2 cups.

5. BACON HORSERADISH DIP

- 1 cup Best Foods Real Mayonnaise
- 1 cup sour cream
- ¼ cup real bacon bits
- ¼ cup prepared horseradish

Stir all ingredients until well mixed. Cover; chill. Makes 2 cups.

6. SHRIMP LOUIS DIP

- 1 cup Best Foods Real Mayonnaise
 - 1 cup sour cream
 - ½ cup finely chopped green pepper
 - ¼ cup chili sauce
 - 1 Tbsp. prepared horseradish
 - ¼ tsp. salt
 - ½ tsp. freshly ground pepper
 - 2 cups finely chopped cooked shrimp
- Stir all ingredients until well mixed. Cover; chill. Makes 3 cups.

7. HOT CRAB DIP

- 1 pkg. (3 oz) cream cheese, softened
 - ½ cup Best Foods Real Mayonnaise
 - 1 can (6 oz) crabmeat, drained
 - ¼ cup minced onion
 - 1 Tbsp. lemon juice
 - ½ tsp. hot pepper sauce
- Beat cream cheese until smooth. Stir in remaining ingredients. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 1 cup.

8. HOT CHEDDAR BEAN DIP

- ½ cup Best Foods Real Mayonnaise
- 1 can (16 oz) pinto beans drained, mashed
- 1 cup shredded Cheddar cheese
- 1 can (4 oz) chopped green chilies
- ¼ tsp. hot pepper sauce

Stir all ingredients until well mixed. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 2½ cups.

9. PESTO DIP

- 1 cup Best Foods Real Mayonnaise
- 1 cup sour cream
- 1 pkg. (10 oz) frozen chopped spinach, thawed, well-drained
- ½ cup grated Parmesan cheese
- ¼ cup walnut pieces
- 1 tsp. dried basil
- ¼ tsp. salt
- 1 clove garlic, crushed

In blender or food processor blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

10. CUCUMBER DILL DIP

- 1 pkg. (8 oz) cream cheese, softened
- 1 cup Best Foods Real Mayonnaise
- 2 medium cucumbers, peeled, seeded, chopped
- 2 Tbsp. sliced green onion
- 1 Tbsp. lemon juice
- 2 tsp. snipped fresh dill or ½ tsp. dried dill weed
- ½ tsp. hot pepper sauce

Beat cream cheese until smooth. Stir in remaining ingredients until well mixed. Cover; chill. Makes 2½ cups.

11. GREEN ONION DIP

- 1 cup Best Foods Real Mayonnaise
- 1 cup sour cream
- ½ cup sliced green onions
- ½ cup parsley sprigs
- 1 tsp. Dijon mustard
- 1 clove garlic, crushed

In blender or food processor blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

12. GINGER LIME DIP

- ½ cup Best Foods Real Mayonnaise
- ½ cup sour cream
- 2 tsp. grated lime peel
- 1 Tbsp. lime juice
- 1 Tbsp. honey
- ½ tsp. ground ginger

Stir all ingredients until well mixed. Cover; chill. Serve with fruit. Makes 1 cup.

■ THE GREATEST LOVE

continued from page 77

lives was falling into place. Trevor, who has dyslexia, a learning disability, had been offered a scholarship by a Massachusetts school for dyslexics. Away from the campaign for the first time, he thrived, more than making up for his performance in grade school, when he'd failed sixth and eighth grades. Allen, a senior in high school, had won a full scholarship to Brown University. With the scholarships, the Ferrells didn't have to worry so much about scraping by on Frank's \$34,000 salary from the campaign.

But a short while later, in the early fall, Frank felt the first twinges of vertigo. Within months, his symptoms grew worse, and after an initial CAT scan, the doctors gave him the heartbreaking diagnosis.

"It's ultimately a fatal tumor," says Frank's neurosurgeon, Steven Barrer, M.D., of Abington Memorial Hospital, in Abington, Pennsylvania. "The potential risk for hurting somebody by operating is high, and it doesn't respond that well to radiation therapy or to chemotherapy. Frank's undergone his therapy, but the follow-up scans show that the tumor is still there. We expected it to be. It won't go away."

"We have a saying in medicine," Barrer adds, "that when someone comes in with an undiagnosed disease, if he's a nice guy, it's going to be bad. Here's a nice guy helping the world, and look what happens to him."

The irony is not lost on the Ferrells either. But Frank has not allowed himself to become embittered by his illness. "I've never said, 'Why me?' We have a spiritual tape, and at one point the narrator says, 'God never uses someone greatly until he hurts them deeply.'"

"I wish I could say what most people say about living every day to the fullest, but I've thrown away a few days. Still, I told my kids I don't fear dying. It's just leaving them, not watching them grow up."

"The most difficult part of this whole thing," Janet says, "is that there's no clear prognosis; it's so hard to live without knowing."

Trevor adds quietly: "Everybody's going to die sometime. He might die sooner than others, but . . ." The teenager stops talking, nearly in tears. "I'm upset, but I know there's a reason for everything."

Frank says quickly, "I don't want to be seen as a hero. I'd rather shift the attention from my illness to Trevor's work. I feel strong in knowing the campaign will go on. Trevor will be around. Janet will be around."

Frank's wife looks affectionately at him, and he grins. They have been married for twenty-eight years, and while they still differ occasionally, like every couple, it is obvious that Janet has come to accept her son's and her husband's dedication. "I really don't think I want it back the way it was," she says. "You give up something, and you get something, too—the satisfaction that you're helping people."

There is a moment of companionable silence in the kitchen, the silence of a family that has suffered and grown closer because of it. As the Ferrells prepare to celebrate this Christmas, it is clear that their greatest gift to one another, and to the homeless people whose lives they touch, is the love they so freely give.

There are not many people who can say, finally, that their father gave up all he had to follow them. There are not many children who can say that their parents put aside their fears and ambitions to help them realize a dream.

But Trevor Ferrell can say that. Not that it has been easy for him, or his parents, or his brother and sisters. It has never been perfect, and to this day, the path that Trevor and his family started on that cold December night is not smooth. Yet they would not have wanted it any other way. Not then, and not today. ■





THERE'S A NAME FOR FOOD THIS GOOD.





women and religion

In this month of religious ritual and celebration, it seemed appropriate to ask women about their basic beliefs. The results may surprise you

DO YOU BELIEVE IN GOD?

A resounding "yes" came from 95 percent of respondents; old and young, executives and homemakers, Democrats and Republicans, small-town and big-city women, all believed with equal conviction. Only 2 percent said they didn't believe there is a God; 3 percent weren't sure.

How have your religious beliefs changed since you were very young?

Just over half of those polled said they believe more strongly now than when they were children; black women were most likely to hold this view. Thirty percent said their faith now is the same as it was then, with women under thirty slightly more likely to agree. Eleven percent said they are more skeptical now.

Do you think of God as being vengeful or merciful?

Again, a nearly unanimous vote—85 percent of respondents believe God is primarily merciful. Only 2 percent thought God is vengeful; 6 percent said it depends.

Do you believe heaven actually exists? Does hell?

Although a solid 71 percent of respondents were sure that hell is a real location, they weren't as sure about heaven: 49 percent didn't believe it exists, while 47 percent said it does. Regionally, Southerners were most convinced about the existence of hell; Northerners, of heaven.

Do you have a question you'd like asked in our ongoing survey of the American women? Send them postcard to: Roper Questions, L.H.J., 100 Park Avenue, New York, NY 10017.

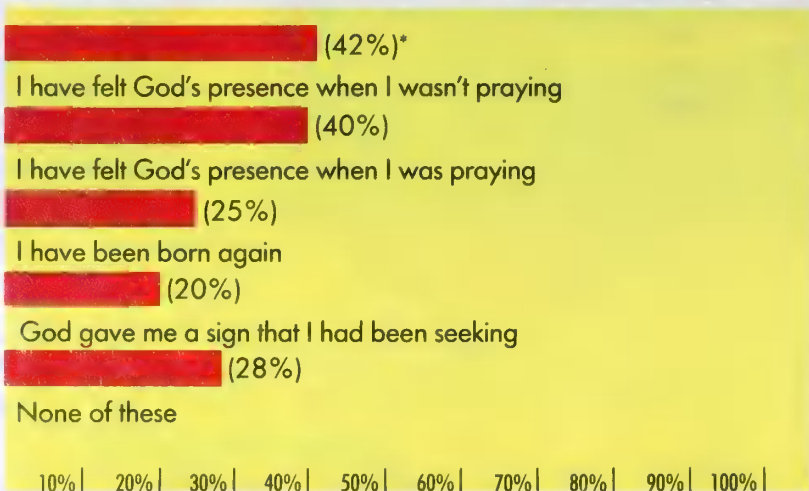
Do you believe you will be punished for your sins? If so, has this influenced the way you live?

Respondents were almost evenly split on this point. Forty-six percent don't feel they'll be punished; 42 percent think they will. Eleven percent had no opinion.

Of those who believe bad deeds don't go unpunished, 46 percent said this has strongly affected the way they live their lives. Thirty-seven percent said this belief has influenced their lives somewhat; 10 percent said it has little influence and 5 percent said it has no influence at all.

HAVE YOU EVER HAD A RELIGIOUS EXPERIENCE?

Most of the women polled said God has definitely touched their lives in a concrete way. Here's how:



*Percentages total more than 100% because some respondents gave more than one answer.

THE ROMANCE CONTINUES...



Forever
Krystle Carrington

BOTH CREATED TO CELEBRATE THE LOVE THAT LIVES FOREVER



Your parents are mad that you didn't come to their house for dinner. Your mother-in-law always has a needling comment,



and the kids are constantly fighting with their cousins. Sound familiar?

CURES FOR

Here's help from a top psychotherapist on coping with these common holiday problems

Christmas. crises

Q

I'm always disappointed about the way Christmas Day is spent in our house. As soon as the presents are torn open and the dinner gobbled, we all wind up in front of the TV arguing about what to watch. How could I make the day more special?

A

Old habits are hard to break, but with a little creativity and planning, you might be able to turn things to your advantage. A friend of mine, grown weary of the same problem, decided one year to volunteer her entire extended family to serve Christmas dinner to homebound elderly people. She

and her family opened their gifts, devoured their turkey, left the dirty dishes in the sink and went off in a family caravan to brighten other people's Christmases. It was a big success, and every family member expressed gratitude to her, along with a desire to repeat the activity the following year.

(continued)

By Jane Carpineto, M.S.W.



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New Alpha Keri Gelée with Collagen cleanses and smooths your skin while you shower or bathe. And its ultra-rich soap-free formula won't dry out your skin. So it's perfect for everyday use.

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to hands, legs, body
and face.

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Keri Fresh Herbal
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Its wonderfully
fresh herbal scent
is the first thing you'll
notice. Then you'll love
how it softens, soothes
and smoothes, restoring
lost moisture to
your dry skin.

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Smooth
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FOR
SOFT SKIN
EVERY DAY

A new wrinkle on raisins.



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The difference is Dole™, naturally.

terribly expensive. I'd like to suggest a family grab bag or gift lottery. What should I do if my family thinks I'm just being cheap or that this is inappropriate?

To prevent family members from criticizing you for being cheap or acting inappropriately, you should present your idea as a call for a family vote rather than as a decision you're trying to impose on them. You might say, "I'm taking an informal survey to see how many of you would be interested in setting up a grab bag or gift lottery system for the children in the family. It seems to me that the family continues to grow so much that I find myself spending more time and money shopping for gifts every year. Do you feel the same way?" If your family is typical, they will support you not only for the cost-saving benefits your plan offers but also for the time it saves.

In the unlikely event that no one wants to change the family gift-giving system, your best bet would be to try to prepare your own Christmas list several weeks before you shop. Give yourself a budget, and make sure that all the items can be contained within it. If you shop early enough, you can avoid the overspending tendency that comes with last-minute panic shopping.

I love the holiday season, and I don't really mind the extra work that's involved in cooking and cleaning for twenty dinner guests on Christmas Day, but by New Year's I usually feel depressed. Why?

Yours is a familiar story. Here's what you can do: In early December, sit down with your spouse and children, and ask for their help. Present them with a list of pre-Christmas and Christmas Day chores, and ask them if they will each sign up for a few tasks. Even the Christmas dinner (continued)

CHRISTMAS CRISES

continued

This idea doesn't appeal to you, perhaps you can arrange to take your family to visit some favorite friends, or you can attend a Christmas concert or religious service together. Or you can interest some of your friends in joining your family in neighborhood Christmas caroling. If all else fails, you can try turning off the TV, pulling out some board games and having your own real-life game show.

Thirty-six and married. Recently I learned that I have an infertility problem. My mother keeps asking when I'm going to have a child, but I haven't told her my situation because I don't want to worry her. We come from a big family, and I'm not looking forward to this year's Christmas reunion and seeing all my relatives' babies. I don't want to stay home, but how can I cope?

It's true that seeing all your relatives' babies may be stressful for you, but running away from them is no solution. Infertility is not a seasonal problem, and babies are everywhere all year long. Your mother's questions to you sound as if she's worried anyway, so it would probably be better to tell her about your problem before the Christmas celebration. There's a good chance that she will worry less when she knows the truth than she would if she suspected something was wrong without knowing what it was. You can also tell her how nervous you are about the Christmas gathering, and you can enlist her support in helping you get through the day. Having her on your side should make it easier for you.

I have one child; my siblings have several children. It doesn't seem fair that we have to buy so many gifts, and it's getting

It's nuts not to pick these almonds.



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Smoke Contains Carbon Monoxide.

CHRISTMAS CRISES

continued

guests can be included among the helpers, especially they're close friends or relatives. Ask them for food contributions—one can bake a pie and another make a vegetable dish.

Next, try not to exhaust yourself emotionally or physically, either with unrealistic expectations about hosting the perfect family Christmas, endless shopping expeditions or nonstop holiday socializing. If you follow these simple rules, I can promise you that you will be a happier woman on January 1!

At every holiday dinner, my brother-in-law drinks too much and makes a pass at me. I am tired of just laughing it off, although I see him only once a year. What can I do to stop it and still keep family peace?

From what you say, it sounds as if you're as worried about creating a scene and spoiling the family holiday as you are about his inappropriate behavior. He's the problem, not you. Even though you might not be able to prevent his advances altogether, you can do things to discourage them. Stay as far away from him as possible throughout your visit, but if he does make a pass, try pulling him aside and saying, quietly but firmly, "Your behavior makes me very uncomfortable. Please stop it." Then walk away. Don't linger for his response; this will help avoid any unpleasant scene. Another tactic might be to stand or sit close to his spouse in the hope that her presence will deter him. It's unlikely he'd try it in front of her.

Since we got married three years ago, my favorite aunt and uncle buy us one big gift for the house every Christmas. They spend a couple of hundred dollars. I feel awful saying this, but we don't like their taste. Would it be all right this year if we asked whether they'd mind if we exchanged the gift? What's the best way to handle this?

This is a sticky dilemma for everyone. Obviously if one is the recipient of a small, inexpensive item, it doesn't make good sense to raise the question of an exchange, since the value of the gift is definitely not worth chancing the hurt feelings that might result. Here, however, we're dealing with an item of consequence.

If you think they're the kind of people who will be very hurt by such a request, it's probably not worth the risk. Sometimes, if you're alert enough, you can pick up clues from people that help with a decision like this. They may say, "Please tell us if you can't use this" or "I knew this would be just perfect in your living room." The first clue suggests that you can feel safer taking the risk, but the second clue suggests that it's probably not advisable.

It depresses me that my husband never wants to go out and celebrate on New Year's Eve. What can I do to encourage him? Is it unreasonable of me to want to get all dressed up just once a year?

Neither of you sounds unreasonable or unusual. The same debate takes place in households all over America. There's something to be said in favor of both points of view. If you husband would prefer New Year's Eve at home to holiday crowds and traffic, I wouldn't fault him. But neither would I fault you for wanting to enjoy a little fanfare.

The trick is to arrange an evening that offers each of you something you want. If he insists on staying home, don't be a martyr about it. Instead, concentrate on putting spice into the evening. How about preparing a formal candlelight dinner, dressing up for the occasion, and welcoming

Now you can have forgettable dates.



The difference is Dole™, naturally.

New Year with the help of a bottle of champagne the Times Square TV broadcast? You might even see another couple to join you.

My forty-year-old brother has AIDS. I'm heartsick that some of our relatives don't want to have Christmas dinner with us if he's not to be there, too. How should I deal with this?

Because of the AIDS epidemic has caused many people to behave in an excessively fearful manner. You can try to persuade your relatives to come by explaining the facts about AIDS, namely that one can't catch it by sitting in the same room or at the same dinner table with someone who has AIDS. But be prepared for the possibility that the issue will be too highly charged for your relatives to listen to. Even if they won't come, carrying on with the custom of having dinner at home is the right thing to do. Your presence, and that of the rest of your immediate family, will go a long way toward making Christmas a happier day for your brother.

I'm forty-two, divorced, and I have a four-year-old daughter. I've never spent Christmas with my parents and my sister. But this year I'm going out with a special man who has invited me and my child to have Christmas dinner with his family. I want to go, but my mother is furious. She says I owe her the day. What should I do?

Changes in traditional practices are hard for some people to accept at first. Possibly you can soften the blow for your mother by inviting her (and your father and sister) to come to Christmas night (if they're nearby) to exchange Christmas gifts and be with her granddaughter. If your mother still seems angry or refuses your offer, try to help

her understand that your decision to have Christmas dinner with your boyfriend this year doesn't mean that you love your family any less or that you'll never share another Christmas dinner with them. Explain that it's a decision that you've made for this year only, because now there is one more important person in your life. It may take a while, but unless she's a person who just can't bend, she will probably come around to accepting your decision.

I used to love the gift-giving part of Christmas, but now my teenagers say, "Just give us money. There's nothing we want." They don't want to bother shopping for presents. This apathy hurts me a little. Can I improve things, or should I try to accept them?

As the mother of two teenagers, I've discovered that it's next to impossible to make them want what they don't want. But that doesn't mean that you can't make it clear how you feel and what you want. If you want to shop for something for each of them (to supplement the requested cash), you should feel free to do it. And you don't have to feel guilty about telling them (if it's true) that you'd like them to buy a gift for you.

You also might try converting the group apathy about gifts for the family into group enthusiasm about gifts for a community shelter, nursing home or soup kitchen. There your generosity is certain to be appreciated. Last Christmas, our oldest daughter decided that she wanted to donate some of her Christmas money to a women's shelter. She asked her younger sister to chip in, too. The following week they were rewarded by a warm letter of thanks from several of the people at the shelter.

Jane Carpineto is a Boston-area psychotherapist who specializes in marital and family therapy.

Other pistachios are green with envy.



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With Purina O.N.E.® brand food, real chicken leads the way. Followed by yellow corn, wheat and rice —ingredients that

contribute to a highly nutritious, highly digestible formula. That's why our name stands for "Optimum Nutritional Effectiveness."

In fact, Purina O.N.E. has more protein and energy per ounce than the leading dog food.

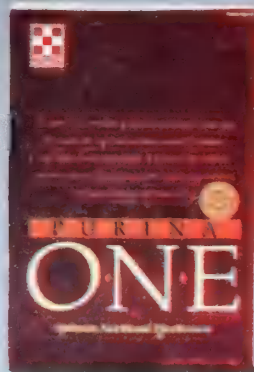
And while dog foods are also legally permitted to contain artificial colors and aromas, Purina O.N.E. gets

its color and aroma the natural way—from the ingredients themselves.

So if you care about what your dog eats, we suggest you read our bag the next time you're in the supermarket.

Because while feathers may tickle some people, nutritionally they're not very funny.

**For that one dog.
Yours.**



A GUIDE TO CHILD REARING IN THE EIGHTIES

UNDER \$10

The last thing you need is to lay out a fortune for kids' presents. So here it is, our second annual you-don't-have-to-spend-lots-of-money-for-a-great-toy round-up



Poppy Pop Car This first car does many jobs: Colorful butterflies and balls pop inside a plastic dome; a rattle spins in back, while a bear figurine does the driving. (Fisher-Price \$8.25)

Rhyme Time Puzzles Large, colorful plastic puzzle pieces hanging from a cord help develop manual dexterity, size and shape relationships. (Tupperware, \$8.50)

Workout Rattle Even the littlest can be fit! Shaped like the real thing, these baby rattles come in their own mini gym bag. (Young Times, \$7.99)

PRESCHOOLERS

Imaginetics Building Blocks With built-in magnets on each brightly colored piece, even the tiniest hands can create their own special worlds. (Kidstar, \$9.95)

Dinosaur Dominoes (Orchard Toys, \$5.95) A beginning matching game. Put it under the tree along with Random House's **Dinosaur Super Crayons** (\$3.95)

Counting Eggs make learning numbers easy. Fit pegs into holes, or match the numbers inside, to make eggs whole again. (Playskool, \$5.75)

Foam Bowling Set Six foam pins and a bowling ball that won't damage your furniture. (Foamark, \$9.99. Call 800-458-0940)

SCHOOL-AGE TO TEN YEARS

Mickey-Matic Camera Pop in the film cartridge and snap. (Kodak, \$10)

The Bird Book and Bird Feeder Part of a continuing series (including last year's *Beach Book* and *Bug Book*) on teaching kids the joys of nature. (Workman Publishing, \$9.95)

Secret of Rock Island Mystery Puzzle Read the story . . . then piece together the jigsaw puzzle to solve the mystery. (bePuzzled, \$9.95. Call 800-874-6556)

One mother's STORY

Who gets a hug?

BY EMILY PERL KINGSLEY

A BY EMILY PERL KINGSLEY

s parents, we've all wondered from time to time just what the term "appropriate social behavior" means. For most, it's a question that's usually fairly easy to answer: Kids at two learn to share with others . . . at five they know it's not right to tell a lie. Somehow, almost instinctively, they learn.

But when you're the parent of an adolescent who is mentally retarded, appropriate social behavior takes on a whole new meaning. Such was the case with Jason, my fourteen-year-old son, who was born with Down's syndrome.

Like most children with this condition, he is a gentle, affectionate child. And when he was little, we thought it was adorable that he would freely greet every person with a big hug. "Ahh, how cute," we'd say, unwittingly encourag-

DO YOU KNOW AN ABUSED CHILD?

There is something you can do: Call the National Child Abuse Hotline (800-4-A Child), twenty-four hours a day, seven days a week. Specially trained counselors will help victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of hurting a child.

ing a behavior that is now coming back to haunt us.

For it is no longer becoming or appropriate for a teenager to kiss and hug people who are only slight acquaintances. Jason is simply too big for that. And so we embark on a whole new program of instruction called *Who gets a hug?* We review it, repeat it, codify it—over and over again, endlessly, it seems—and then a new situation presents itself, a new person, and Jason is right back in there, hugging away.

In my heart, I feel awful, for I am making him feel guilty (*continued*)

It's amazing how quickly kids start using four-letter words.

Our new BOGGLE JUNIOR™ game has wordplay at skill levels just right for young children. It's fun that keeps pace with your kids as they learn. So encourage them to use some four-letter words—in BOGGLE JUNIOR. From Parker Brothers.

A T

CAT

Match it. First come ABC's. In Boggle Junior, very young children match letters on cubes with letters on cards.

Remember it. Boggle Junior's word cover lets more advanced players spell from memory.



L E A F



Spell it. Pre-readers spell out three- and four-letter words.

Time it. Older kids love Boggle Junior's timer—and spelling as many words as they can as the clock ticks away.

Boggle Junior

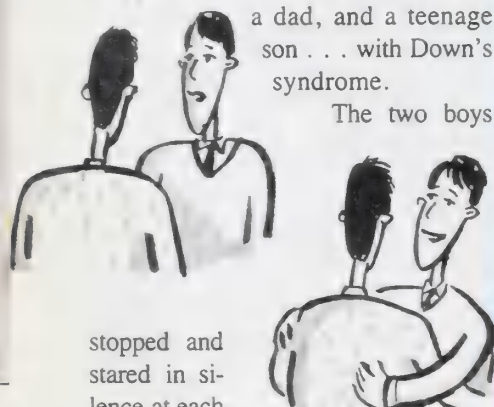
Learning fun for kids 3-6.

(continued) about one of the nicest things about him. His love of all people, his freedom in expressing that love, is a precious quality—one that the world could use more of, not less.

And so we remind him . . . "You hug somebody who is very special, someone with whom you share something very important."

Then, one night during the holiday season, we went to dinner at a fancy restaurant. Just as we were about to walk in, the door opened and another family—a mirror image of our own—stepped out. There was a mom, a dad, and a teenage son . . . with Down's syndrome.

The two boys



stopped and stared in silence at each other. I could tell Jason was wrestling with a strange confusion—a sense of some deep, common bond with this boy. The other peered back at Jason with the same intense concentration.

As a mother knows her child, I knew Jason wanted to make some contact, but he was not sure how to go about it. Slowly, tentatively, the two youngsters approached each other as we watched in silence. Then, at the same moment, they both swung their right hands out and shook hands. And, in a simple gesture of total disregard for all our months of painstaking instruction, they embraced each other in a silent hug of recognition and sharing.

"Merry Christmas," said the other boy.

"Happy Chanukah," said Jason.

understanding KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

My four-year-old calls me, and everyone else she gets mad at, names—such as poo-poo head, stupid, bad mommy, yucky. I think this is rude, and it's often embarrassing, but nothing I say or do deters her. Also, I feel a little responsible because I have always told her to put her feelings into words rather than hurt people physically. I guess she's doing that, but how can I tone her down?

Four-year-olds are notorious for challenging authority. They are at a point in their emotional development when attempting to assume a grown-up stance is very central. Four-year-olds take on many adult roles in their imaginative play, though they exaggerate adult freedom. Your daughter probably thinks that you have no restraints, and she wants to show that she, too, can do and say whatever she pleases. She is also beginning to appreciate the power of words. The idea that a mere utterance can get a big reaction out of a grown-up is quite a discovery.

You are correct to encourage her to talk rather than physically attack people. When your daughter directs her epithets at you, let her know such language is unacceptable and suggest that she express her feelings in different words. Provide her in advance with a vocabulary, by saying things like "you are angry with me because . . .," "it annoyed you when . . .," "I see that you are furious . . ." These may not have an immediate effect but are important for later development.

When you are going to be in the company of others, remind her in advance that she must refrain from calling people by those names. If she has an uncontrollable urge, she may whisper it to you. Point out that it hurts people's feelings. Help her recall a time when she did not like it when someone called her a name. In fact, it is sometimes useful to turn the tables on her in a lighthearted way. You might say, playfully, "Okay, little yucky, it's time for a bath." Remember that empathy takes a long time to develop.

In addition to efforts at appealing to her reasoning, her humor and her sense of fair play, let her know ahead of time that if she speaks rudely to you or others, she will be deprived of something—perhaps she will not be permitted to

accompany you the next day. You must, of course, follow through. She may fuss the first time, but perseverance on your part is essential.

Once you have made your point, her occasional lapses can be overlooked. After all, her expletives are relatively mild. And, though it may be hard to imagine, try to remember that this is a stage she will grow out of.

ABRACADABRA

Preschoolers and beginning readers will love Questron's workbooks on myriad subjects (from multiplication tables to dinosaurs). As kids try to answer the questions posed, a battery-operated magic wand, sensitized to recognize the correct answers on the pages, chimes when kids point to the right one. (From Price Stern Sloan. Wand, \$12.95; workbooks, \$4 each. In bookstores or call 800-421-0892; in California, 800-227-8801.)

DIAPER OF THE YEAR

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jump for joy



(AND FITNESS, TOO)

We have an idea: a disco-aerobics routine for you and the kids, based on a popular program, called *Jump for Joy*, designed by New York City elementary school teacher Barbara Cramer. Cramer's program encourages coordination, rhythm, creativity and a healthy respect for the body (not to mention plain ol' fun). Below, her suggestions for your own do-at-home routine.

What you'll need: Comfortable clothes (sweats, leotards), preferably in layers to peel off; sneakers (never do a disco-aerobics routine barefoot, warns Cramer); tapes, records or a radio. Surefire hits with kids: the sound track from *La Bamba*, *Dirty Dancing* or *Ghostbusters*; Fat Boys' "The Twist"; the Pointer Sisters' "Jump"; sixties oldies such as "Twist and Shout"; anything at the top of the charts.

Keep in mind: Any routine with kids must be geared to their ability, energy level and attention span (kids under four are too young to follow a sequence of steps; let them bounce to the music). Plan for no more than thirty minutes, with a ten-minute warm-up, twenty minutes of dancing, ten-minute cool-down.

What to do: Since it's difficult to choreograph a specific routine, we opted to outline some steps that you and your kids can use as a basis for your own improvisations. For warm-up, select some favorite slow songs (try the sound track from *Chariots of Fire*) for stretching. Wake up your body by doing easy shoulder shrugs to a count of eight (everything in this program should be done to a count of eight); then circle shoulders back and front. Slowly bend forward at the waist with slightly bent knees. Move your head from side to side to unkink neck muscles. Wiggle your fingers. As you slowly straighten up, take deep abdominal breaths. Stretch arms high above head. Repeat.

Now you're ready to move into the aerobic dancing segment of your routine. Change records for a faster beat. Then try:

■ Jogging in place. Turn in different directions and head to all

corners of the room. Then have each

child suggest a movement to add on—arm lifts or wide arm circles, marching steps, knee lifts.

■ Jumping as if you're holding a jump rope, wiggling as with a hula hoop, leaping as in hopscotch.

■ Dancing in a line. Do the bunny hop, the conga.

Reluctant exercisers may be more willing to join in if you pick a theme. (Sports-minded youngsters catch on when you pretend to do football kicks, etc.)

Finally, switch back to the slower tunes for your cool-down (same pattern as the warm-up).

Got it? Okay, now, everybody—let's dance.

Okay, let's be honest. One thing that often gets ignored during the hectic holiday season is exercise. Ironically, that's just what everyone (kids, too!) needs to generate the energy so critical for surviving the weeks of shopping, baking, cleaning, partying.

best books of 1988

The experts at the New York Public Library culled this list of top reads for kids. Great for Christmas, birthdays—or just any day

FOR YOUNGER CHILDREN

The Boy of the Three-Year Nap By Diane Snyder. Illustrated by Allen Say. (Houghton-Mifflin.) In long-ago Japan, Taro's mother tries to find a way to galvanize her lazy son.

Company's Coming By Arthur Yorinks. Illustrated by David Small. (Crown.) When Moe and Shirley are visited by strangers in a flying saucer, they do the polite thing—invite them to dinner.

Goldilocks and the Three Bears Retold and illustrated by James Marshall. (Dial.) Hilarious illustrations highlight this version.

Planting a Rainbow Written and illustrated by Louise Ehlert. (Harcourt Brace Jovanovich.) A colorful introduction to gardening.

Sing a Song of Popcorn: Every Child's Book of Poems Selected by Beatrice Schenk de Regniers, Eva Moore, Mary Michaels

White and Jan Carr. Illustrated by nine Caldecott Medal winners. (Scholastic Hardcover.) Distinguished poems, each illustrated by a renowned artist.

FOR OLDER CHILDREN

Anthony Burns: The Defeat and Triumph of a Fugitive Slave By Virginia Hamilton. (Knopf.) The author uses original sources and her own powerful imagination to

re-create a runaway slave's thoughts.

Buffalo Hunt By Russell Freedman. (Holiday House.) Last year's Newbery winner presents a moving historical picture.

The Burning Questions of Bingo Brown By Betsy Byars. (Viking Kestrel.) Bingo's sixth-grade year is full of fun and near-tragedy.

Stringbean's Trip to the Shining Sea By Vera B. and Jennifer Williams. (Greenwillow.) Colorful pictures and a realistic text about a trip to the Pacific made by Stringbean and his older brother, Fred.

Hi, Santa!

From December 8 to 24, children can call the Ho Ho Hotline (800-777-2682, 1-5 P.M.) and tell their Christmas wishes to the elderly residents of Hillhaven convalescent homes nationwide, who pretend to be Santa and Mrs. Claus. The fantasy continues on the 26th and 27th, so kids can say thank you.





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concentrate on the fact that he loves Levi's jeans. Sensible, sturdy Levi's jeans.

It may also be comforting to remember this scientific fact:

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Levi's



"I THOUGHT I COULD MAKE IT HOME"



Over-the-counter and prescription drugs can often cure you. But in the wrong hands and in the wrong combination, they can spell disaster

W

hen Susan T. drove away from her office Christmas party, she never imagined she'd end up in jail. After one scotch and soda, a few hors d'oeuvres and some pleasant conversation, she felt relaxed and eager

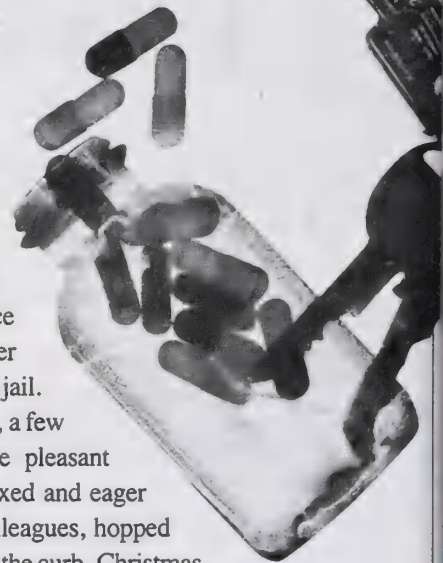
to get home. She bade farewell to her colleagues, hopped into her car and happily pulled away from the curb, Christmas tunes running through her head. She didn't even see the Volkswagen in front of her until she was right on top of it. "Bam! I hit it before I knew anything had happened," says the forty-seven-year-old Dallas hospital worker. "The next thing I knew, I was in a police car, and then I was being booked."

Baffled and humiliated, Susan spent a sleepless night in jail before a friend bailed her out the next morning. Later, she learned she'd totaled the Volkswagen and caused about \$1,000 in damage to her own car.

"I had no idea what caused the accident," she says. "I was afraid I'd had a small stroke."

As it turned out, it wasn't a stroke but something just as potentially deadly: a dangerous mixture of legal drugs and a small amount of alcohol in her bloodstream. Susan's doctor had never warned her, however, that the single Valium she took before the party, combined with one

(continued)



By Katherine Barrett and Richard Greene



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SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

10 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

Just turn the dial if
you don't like
what's on the screen.



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Making creativity fun.™

Some high-blood-pressure drugs and muscle relaxants make you dizzy and lightheaded. Even motion-sick drugs can make you sleepy and uncoordinated.

What's more, it's impossible to predict the length of these drugs will remain in your system. "Some people many hours or even days to eliminate a single dose," Patricia H. Field, Ph.D., chief of the toxicology section at the Wisconsin State Laboratory of Hygiene, in Madison.

From the police blotter

Let's take a look at a few of the people who have run into trouble recently as a result of what might be called substance abuse.

One was a Los Angeles man in his late sixties who police found slumped forward in his car, gripping his steering wheel, oblivious to the fact that the stoplight in front of him had changed to green. Recalls Tom Page, a Los Angeles police sergeant, "He exhibited slurred speech and a lack of balance and coordination—classic signs of inebriation. However, it turned out he hadn't been drinking at all; he simply been taking blood-pressure medication along with a minor tranquilizer."

Less fortunate was the Ohio pilot who exhibited erratic behavior, according to the report, before he apparently lost control of his small plane and crashed to the ground. He died in the wreck. The report indicated the accident was due to the pilot's consumption of painkillers.

Another tragedy occurred in New Jersey, while a woman happened to be taking an antidepressant along with other prescription medications. Driving her car on a clear, sunny day, she hit a twelve-year-old boy who was riding a bicycle. The youth went into a coma and died two and a half years after the accident.

■ MAKE IT HOME

continued

shot of liquor, could seriously impair her driving skills.

A heavy toll

Although she may not have realized it at the time, Susan was very lucky. After all, she's still alive. Each year, an estimated three thousand to five thousand people—who *thought* they could make it home safely—die in automobile accidents in which legal drugs, alone or in combination with alcohol, are present. Many of these tragedies occur at holiday time. "December is a particularly dangerous month," says Sam Yaksich, executive director of the AAA Foundation for Traffic Safety, in Washington, D.C. "Lots of celebrations involving alcohol take place, and many people are taking drugs for colds and flu. The pressures of the season cause more people to take tranquilizers as well. As a result, you *really* have to watch out."

Contrary to the stereotyped notions many people have, most victims of substance-related accidents are neither hotheaded teens nor dizzy dowagers toting purses full of pills. Many are prudent women and men who are taking legal drugs suggested by their doctors for legitimate health problems.

All manner of medications have been indicted as potential accident-causers (see page 101 for a comprehensive listing). For example, many tranquilizers, cold medications and antidepressants can make you sleepy and inattentive, destroy your judgment and slow your reaction time. Some pain relievers can make people feel euphoric, even invulnerable. This can lead to reckless behavior, such as disregarding speed limits, and weaving in and out of traffic.

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A screen you
won't mind your kids
being glued to.



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Despite such incidents, shockingly little research has been done in this country on driving under the influence of medications. The problem for researchers is simple: drugs are in short supply. Because of the expense involved, many jurisdictions simply look for alcohol consumption to stop there, without testing further for legal drugs after accidents take place, says Ted Anderson, a research psychologist with the National Highway Traffic Safety Administration.

To make matters worse, physicians and pharmacists often neglect to warn patients about potential hazards. "Doctors have a tendency to say, 'Take this every day for a week and then give me a call.' They don't say, 'Do not drive while you are taking this medicine,'" says Robert M. Jacobson, director of pharmacy services at the Hospital of Saint Raphael, in New Haven, Connecticut. "And busy pharmacists may not give warnings either; often, they don't have time to talk to individual customers."

Triple trouble

Single medication can pose problems, mixtures can be utterly disastrous. About half the drug-related accidents examined in one 1982 study, done in Rochester, New York, involved more than one product. Yet combining drugs is alarmingly common—particularly among the elderly. In fact, studies have shown that the average person over sixty-five is taking three or more prescription medications at the same time. And many of these people may be taking nonprescription preparations on top of that. Moreover, such commonly used medications as tranquilizers, antidepressants, sleeping pills and antihistamines—all of which slow down the nervous system—can have a synergistic effect. "In such a situation, one plus one doesn't

equal two; it equals three or more," says F. James Grogan, clinical pharmacy coordinator at St. Mary's Hospital, in East St. Louis, Illinois.

Sergeant Richard Studdard, of the Los Angeles Police Department, illustrates the point by describing a common scenario: "A woman goes to a doctor complaining she's under stress and gets a prescription for tranquilizers. Then she gets a barbiturate to help her sleep. Next, her dentist gives her medication after oral surgery. When this woman gets out on the road, she's had a triple dose of drugs, and she's just as dangerous as the person who's been drinking all day in a bar."

The synergistic effect of various substances also comes into play when people combine alcohol with their medications. And a drug-alcohol mixture is the most common—and potentially the most deadly—of all. In fact, experts caution that one glass of wine or a single beer can exert the same effect as three double scotches when consumed in combination with prescription or over-the-counter drugs.

Who is responsible?

Given the scope of the problem, how can our society allow so many people to harm, and even kill themselves, as a result of taking legal drugs? Most of the blame can be attributed to the growing complexity of modern health care. The following trends have contributed to this unfortunate state of affairs:

■ **The impossibility of testing drugs for all possible side effects**
Health-care companies simply cannot afford to test their medications thoroughly enough to discover all the thousands of interactions and side effects that might result from using their products, either alone or in combination with other substances. If the Food and Drug (continued)

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■ MAKE IT HOME

continued

Administration (FDA) required such exhaustive testing, it could take decades for any new drug to come to market. As a result, many of the problems associated with a drug became apparent only after years of use.

■ **The involvement of more than one doctor in a patient's care** "In the old days, a general practitioner would manage all your health-care needs," says Norman Sussman, M.D., a researcher at New York University Medical Center, in Manhattan. "Nowadays, you could easily be treated simultaneously by four different doctors—a neurologist, an internist, a gynecologist and an orthopedist, for example. And each of them might prescribe drugs." The fact that doctors are unaware of all the medications patients are taking is one reason people often do not hear about even well-known drug interactions.

■ **The gradual disappearance of the neighborhood pharmacy** The day of the corner drugstore is passing as more consumers try to save money by shopping at several locations for different drugs. It's virtually impossible for even the most caring pharmacist to protect his customers from potential problems if he doesn't have an updated record

of all the medications they are taking.

■ **The explosion in over-the-counter medications** More and more potentially troublesome drugs are now available without a prescription. Although increased availability may be helpful to many, caution is warranted. When drugs are available without a prescription, consumers often consider them insignificant and fail to mention to their doctors that they are taking them.

Patient, heal thyself

So what is being done about this frightening problem?

One positive sign is that more states are making it easier to detect and arrest people driving under the influence of prescription drugs. Sergeant Studdard has been running training sessions to educate police officers from other areas of the country to detect drivers who are under the influence of legal drugs. And many states now allow police officers to arrest suspects who refuse to be tested for drugs in their bloodstream.

But far more important than arresting men and women after they've gotten onto the roads is stopping impaired drivers *before* they start their cars.

Since physicians and pharmacists are often too busy to caution patients

about the drugs they take, the responsibility for safety really lies with patient. *Ladies' Home Journal* asked a number of experts for suggestions on how to protect yourself from problems with drugs and driving. These are their tips:

■ **Always assume that any medication should not be taken with alcohol.** (Ask your doctor or pharmacist if this is true each time you receive a new drug.)

■ **Ask your doctor to write down the warnings and potential side effects of any drug you are taking.**

■ **Make sure your doctor knows about all the drugs you are taking—over-the-counter and prescription—before he prescribes a new medication.**

■ **Never take a drug prescribed for someone else.** Even if her symptoms are similar to yours, her medication may interact in an unexpected way with something you are taking.

■ **Check out the *Physician's Desk Reference*.** This standard research tool for doctors, this volume is available in most libraries and provides information about most common drug side effects and interactions.

■ **Seek information from regional poison control centers.** These centers, located throughout the United States, are equipped to answer questions about kinds of drug interactions or to refer you to information centers that can

Just point

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messy bowl. Clean up is easy, just rinse and wipe. Put away anywhere, so compact it fits in a drawer. The exciting new gift everyone wants... the handy appliance you'll use every day. Get one, give one.



Establish good communication with your pharmacist. This will help ensure that he has a record of all the drugs you are taking at any given time and a good knowledge of your medication history. **Don't you must drive while taking medication.** Ask your physician if she can recommend one of the new drugs that seem to make drivers less drowsy. Buspar, for example, a tranquilizer manufactured by Mead Johnson, seems not to make people as drowsy, and Seldane is a less sedating antihistamine manufactured by Merck-Dow. (Every person's body chemistry is different, however, so these drugs may not be effective for you.) **Report any unexpected, unexplained drug reaction to your doctor immediately.** Many drug reactions occur in only a small percentage of the population. **Do not deviate from the dosage suggested by your doctor or pharmacist or the drug's package label.** If a medication isn't having the desired effect, consult your physician before altering dosage size or frequency. **Ask your doctor questions until you understand everything you need to know.** "I could give a prescription for strychnine for a lot of patients, and they'd take it without question," says Ray W. Gifford, M.D., a member of the American Medical Association (AMA) Board of Trustees. **Don't you be such a patient.**

PROCEED WITH CAUTION

The list below spells out groups of drugs that are likely to impair driving ability. If you take any of them, exercise extreme care behind the wheel. And remember, if you mix any of these drugs with alcohol—or with one another—their effects may be doubled or even tripled.

■ **Antidepressants:** Desyrel, Elavil, Endep, Lu-diomil, Asendin, Tofranil, Norpramin. Side effects: drowsiness, slowed reflexes, decreased attention, blurred vision.

■ **Minor tranquilizers:** Valium, Xanax, Librium, Equanil, Tranxene. Side effects: drowsiness, slowed reflexes, decreased attention.

■ **Prescription antihistamine cold preparations:** Vistaryl, Atarax, Phenergan. Side effects: decreased attention, blurred vision, drowsiness, slowed reflexes.

■ **Over-the-counter antihistamine cold preparations:** Benadryl and most other commonly available preparations. Side effects: decreased attention, blurred vision, drowsiness, slowed reflexes.

■ **Narcotic pain relievers:** Tylenol with codeine, Percodan, other codeine-based drugs. Side effects: lack of concern for danger, drowsiness, slowed reflexes, decreased attention.

■ **Non-narcotic pain relievers:** Naprosyn, Anaprox, Nalfon. Side effects: decreased attention, drowsiness, slowed reflexes.

■ **High-blood-pressure drugs:** Catapres, Lnderal, Aldomet, Wytensin, Reserpine. Side effects: dizziness, drowsiness, decreased attention, slowed reflexes.

■ **Motion sickness drugs:** Mareline, Bonine, Antivert, Dramamine. Side effects: blurred vision, drowsiness, slowed reflexes, decreased attention.

■ **Muscle relaxants:** Robaxin, Robaxinal, Soma, Parafon, Flexeril. Side effects: dizziness, drowsiness, slowed reflexes, decreased attention.

■ **Nighttime sedatives:** Dalmane, Restoril. Side effects (lasting until morning): drowsiness, slowed reflexes.

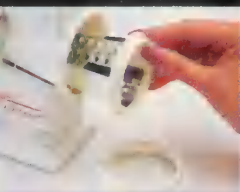
■ **Antidiarrheals:** Lomotil, all paregoric-containing drugs. Side effects: blurred vision, drowsiness, decreased attention.

Source: F. James Grogan

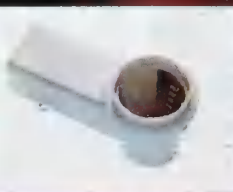
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WHAT KIND OF

gift— giver ARE YOU?



More than just a holiday tradition, gift-giving is a form of communication, a way for us to establish and strengthen our relationships with others. But the gifts we give can reveal a lot about our personalities as well. To find out what the gifts you select for others say about you, take the quiz below. There are no right or wrong answers; simply choose the statement that describes you best

By Joanna Magda Polenz, M.D.,
and Pamela Guthrie

1. When it comes to buying Christmas presents for the kids, you:

- ☐ A. buy them mostly clothes, which they really need
- ☐ B. search for games, toys or crafts you think they'd really enjoy
- ☐ C. get them extraordinary gifts that you'd never get them any other time of year (for example, a personal computer or a stereo system)

2. When you can tell someone doesn't like a gift you've given her, you:

- ☐ A. are so amazed that you ask her why she doesn't like it
- ☐ B. don't really mind if she wants to exchange it
- ☐ C. get angry and resolve never to buy her anything again

3. When shopping for gifts you:

- ☐ A. always wait until the very last minute
- ☐ B. search a long time to find the perfect present for each person

- ☐ C. pick out gifts from a catalog so you can avoid the stores

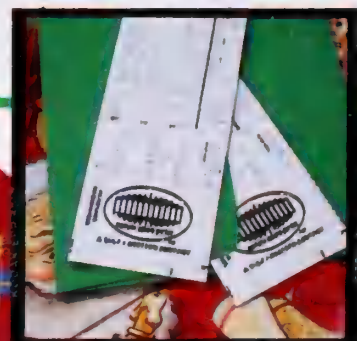
4. You feel that giving someone a gift of money is:

- ☐ A. in very poor taste; it's the easy way out and it reveals exactly how much you spent
- ☐ B. fine; this way the person can buy whatever she likes
- ☐ C. no fun at all for the recipient, plus there's no surprise, so you never do it

5. When you ask your husband what he wants for Christmas, he says, "Oh, nothing special." So you:

- ☐ A. have a family portrait taken and have it framed for his desk
- ☐ B. buy him socks

- ☐ C. get tickets for the fights



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ask for. Remember, even if your little lovemuffin looks good to you now, chances are he could stand to shed a few pounds. So feed Purina Fit & Trim for a while. Then put your hands on him again. And this time, give your healthy dog a great big hug.



Purina Fit & Trim

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6. Every holiday season means unexpected guests, who bring unexpected gifts. To reciprocate, you:

☐ A. don't worry about it until somebody gives you a present, then rush out to buy something

☐ B. keep pretty soaps or bottles of wine in the house just in case

☐ C. bake extra Christmas treats to give as gifts



7. If you're on a tight Christmas budget, you:

☐ A. feel that quality is the most important thing no matter what, so you buy the very best, even if it means a smaller gift (for example, buying a designer key chain instead of a designer handbag)

☐ B. don't see any point in buying designer labels; you simply buy a nice gift within your budget

☐ C. figure, what the heck, Christmas comes only once a year, and buy whatever you like—even if it's more than you can really afford

8. Your mother-in-law is extremely difficult to buy for; she already has everything. So you:

☐ A. let your husband pick out her gift, knowing she'll love whatever he chooses

☐ B. buy her a hat because hats are all the rage now

☐ C. needlepoint a pillow you think will look terrific in her living room

9. You know that your boss loves gadgets; his office is full of them. So you get him:

☐ A. a high-tech clock

☐ B. a pen equipped with a small light to use on airplanes

☐ C. a basketball set that you see advertised for the "executive's office"

10. To celebrate Christmas at the office you:

☐ A. get each of your co-workers something different and personal

☐ B. give your co-workers variations of the same gift, such as ornaments or candy

☐ C. hire a Santa to come in and hand out gifts

11. You have a number of relatives you hardly see. So for Christmas you:



☐ A. put together a gift basket filled with all kinds of fruits and cheeses for them

☐ B. buy a lovely gift for their home, such as a figurine

☐ C. buy something fun, such as tickets to an amusement park

12. For Christmas you get your best friend:

☐ A. a pair of gloves

☐ B. a luxurious silk teddy

☐ C. eye-catching jewelry



TO FIND OUT YOUR GIFT-GIVING PROFILE, CHECK YOUR ANSWERS AGAINST THE KEY ON PAGE 106.



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The Ultimate Brownies, new from Pillsbury. They're chock-full of the scrumptious things you love brownies for. Chunks and chunks of chocolate or nuts.

A delicious glaze for the top. And they come in

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"That's enough lecturing for now. Just remember, Microwave Mini Sicilian Loaves. Believe me, it's one easy course you won't mind repeating."



Microwave Mini Sicilian Loaves

- 1 jar (12 oz.) Heinz HomeStyle Brown Gravy
- 1 pound lean ground beef
- ½ pound bulk hot Italian sausage
- 1½ cups soft bread crumbs
- 1 egg, slightly beaten
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- 4 ounces mozzarella cheese, in one piece
- 1 medium tomato, peeled, chopped
- 2 green onions, sliced
- ½ teaspoon dried basil leaves

Measure ¼ cup gravy from jar and combine with beef and next 7 ingredients. Cut cheese into 6 sticks about 3 inches long. Divide meat mixture into 6 portions and form each portion around cheese stick into a loaf 4" x 2". Place loaves on a microwave built-in roasting rack. Microwave at HIGH 12 minutes, rearranging twice. Let stand 5 minutes before serving. Meanwhile, place tomato, onions and basil in 4-cup glass measure. Microwave at HIGH 2 minutes, stirring once. Stir in remaining gravy. Cover cup with vented plastic wrap. Microwave at HIGH 3 minutes or until gravy is hot and bubbly, stirring once. Serve gravy over meat loaves. Makes 6 servings (about 2 cups gravy).

Recipe tested in a 650-watt microwave oven.



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For our 20-page cookbooklet, "Shortcuts to Microwave Success," send two HomeStyle Gravy labels to: HJ HEINZ Co., P.O. Box 1102, Boston, MA 02277-1102.

GIFT-GIVER

continued

Circle your answers on the key below, then find the appropriate analysis for you

- | | | | |
|-----|-----|-----|---|
| 1. | a=1 | b=3 | c |
| 2. | a=3 | b=1 | c |
| 3. | a=5 | b=3 | c |
| 4. | a=3 | b=1 | c |
| 5. | a=3 | b=1 | c |
| 6. | a=5 | b=3 | c |
| 7. | a=3 | b=1 | c |
| 8. | a=1 | b=5 | c |
| 9. | a=1 | b=3 | c |
| 10. | a=3 | b=1 | c |
| 11. | a=1 | b=3 | c |
| 12. | a=1 | b=3 | c |

If you have mostly 1's:

You're a practical gift-giver. Because you're such a sensible person, you always make reasonable choices and abide by your budget. But too much practicality can be boring. Instead of buying your husband a tie, why not be more playful and get him red suspenders? You'll probably enjoy your new sense of gift-giving freedom.

If you have mostly 3's:

You're imaginative. Your gifts are always creative and interesting, never boring. However, because your gifts often reflect your taste, rather than that of the recipient, some people may misjudge you and consider you a little selfish. To prevent misunderstanding, think of the interests of the person you're buying for. Then use your creativity to come up with a gift that is as imaginative as well as something that person can use.

If you have mostly 5's:

You're impulsive. Although this means your gifts are fun and often exciting, no one ever knows quite what to expect from you. Thus, the things you choose may not always be appropriate or useful. To give more balance to your gift-giving, try being a little bit more practical. This may not be easy for you at first, but just keep in mind that you'll end up buying people things they really want.

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Jin's first

She had
a lovely
daughter,
a wonderful
husband, a warm,
welcoming home.
But now she
also had Jin—
the most perfect
gift of all

Christmas

At eight years of age, my daughter Lucy has standard Midwestern speech, with flat *a*'s and little inflection. She is precise in her talk, labeling everything so that her brother will replace the Korean words he knows with the appropriate English equivalent. "Up," she says, lifting Jin from his mattress on the floor. "Blanket." "Light." "Door." She puts him down on the carpet in the hallway and hands him a peg of colored rings: "Here is your plastic stacking toy," she says with the vocal clarity of a grade-school teacher. Then, pointing toward the bedroom, "Amah is still sleeping," she says, making exaggerated snoring sounds.

"Amah!" Jin calls excitedly, heading for the bed, clumsily climbing in next to me. "Amah!" he says, jumping up and down on top of me. Amah is the Korean word for "mother."

(continued)

By Fern Kupfer

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Exhausted, I turn and put the covers over my head. It is still two days before Christmas, but already I think that I am too old for so much energy at this hour of the morning. "Lucy, sweetheart," I beg. "Take him down and put on some cartoons, would you please? But don't let him open any of the presents under the tree."

"Sure," she says amiably, scooping him up. "Come on, Jin. TV. TV."

I had Lucy when I was already into my thirties, and for no reason any doctor could explain, I was unable to get pregnant again. When Hank and I told her we were thinking about adoption, Lucy, always a practical child, said, "Don't think about it, just *do* it already."

But by the time the social worker finally came to our house to do the first intake interview, we were informed that we were already too old to get a newborn. A two- or three-year-old was possible.

"Forty is our cutoff age, Mr. Morrison," she said to Hank, who had just turned the corner on middle age. "There are so many people who want babies today. We think it only right that the infants go to younger couples."

I nodded as if I agreed, looking across the table at Hank, still lean and muscled, a playful cowlick in his dark blond hair. He didn't look the least bit decrepit to me. When the social worker left, I asked Hank if he still wanted to go through with the adoption.

"Why in the world not?" Hank said, clearing the cups of coffee from the dining-room table.

"Well, you know, because we wouldn't get a *baby*, and we wouldn't know what kind of experiences the child already had . . ."

Hank interrupted me. "Jeanne, that's more of a reason to *do* it, I think. We'll be giving a child a home, a child who really needs one."

I felt immediately small and mean-spirited. "I'm just a little nervous, I guess."

"Well, what's there to be nervous about?" Hank said kindly.

"I don't know. The idea that this child will already be formed and we don't know who he or she is." I added meekly: "And it's so final, Hank. I mean, we can't give him back."

Hank said, "Well, we couldn't give Lucy back either, you know."

Jin was more than two years old when we got him, so we kept his first name. From start to finish, the adoption was quite a bit longer than a pregnancy: fourteen and a half months to be exact. For many months we had Jin's picture on our refrigerator door. Every day I'd look at him until his face became as familiar and comforting as the child of an old friend who lived far away.

Lucy was with Hank and me at O'Hare airport when the plane arrived late that snowy winter night with the babies who had come all the way from Korea. We parents could barely stand the last few minutes as we waited for the plane to empty, our eyes fixed on the door where they would emerge. Breathless with anticipation, I thought of the relaxation exercises I had done

so many years ago while in labor with Lucy. In. Out. Pant, pant, pant. Now two of the new mothers held hands, their faces set with nervous smiles, as if they were the final entrants in a Miss America pageant.

There were five babies in all. Four came out in the arms of exhausted social workers. Jin, the oldest and the only boy, was carried by a stewardess with a Mary Tyler Moore smile. He stared warily at us as I held out the toy Lucy had picked for him, a teddy bear in striped pajamas. His shiny black hair cut a sharp line around his full cheeks and framed an intelligent face. He looked older than the picture on the refrigerator door. I turned to Hank, who was busy fighting back tears.

"Hello, my brother," Lucy said, bending her face toward his. A photographer from the *Chicago Tribune* took a picture, which appeared the next day in the paper. It remains my favorite picture of the children. The corners of Jin's mouth are about to crinkle into a smile as Lucy looks on encouragingly. It may seem

I learned that the Terrible Twos are an international phenomenon when I reached for the box of wheat crackers and Jin spotted the box of caramel corn.

peculiar, but American Lucy, with her blue eyes and impassive visage, now sometimes looks like Jin to me.

The first week we didn't sleep. During the day, Jin played happily, bravely exploring the house and yard, but he woke several times in the night, disoriented, listening, perhaps for the breathing of the other babies in the orphanage where he had spent the first two years of his life. His room in our house, looking out on a backyard filled with the winter landscape of icy drifts, must have seemed lonely in the night. He cried, and I went in to stay with him or I took him into bed with Hank and me. Sometimes, hearing his cry, Lucy woke and also came into our bed. If the arrangements were too uncomfortable, Hank went into Lucy's bed, and if she got up to go to the bathroom, she sometimes ended up in Jin's room. In the morning we awakened, surprised to find ourselves in different places, as if we had been on some night journey we could only vaguely recall.

The second week I learned that Terrible Twos are an international phenomenon. Jin and I were in the soda-candy-snacks aisle of the grocery store when a box of caramel corn wrapped in bright cellophane caught his eye. As I reached for a box of wheat crackers, Jin grunted and whined (a universal language), pointing feverishly to the caramel corn. "No," I said firmly, shaking my head and moving on. The whines and grunts continued as Jin held both hands out toward the object of his desire. The sounds that came from him were tortured and pleading. "This is for Jin," I said, diverting him with the wheat crackers. Jin smacked the box away and (continued on page 116)

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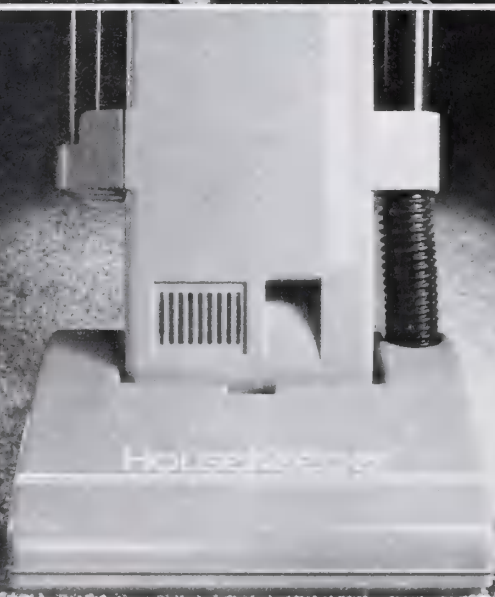
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**AND
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THE R TAKING A BATI



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Imagine, everytime you take a bath, millions of tiny bubbles pulsating around your body. Creating a powerful hydro-massage similiar to a built-in whirlpool. Well, that's precisely what will happen everytime you take a bath with the Regina HomeSpa Personal Whirlpool.



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100% nutritionally perfect 9 Lives®. The only cat food that tells you what kind of entrée you're getting before you open the can: ground, tender morsels in sauce, or delicately flaked meals.

■ JIN'S CHRISTMAS

continued from page 110

started kicking his sneakered foot clanging against the shopping cart.

By the time we were in the macaroni-rice-soup aisle, he was in a full-scale tantrum. It was then that I saw Lucy's Sunday school teacher, Aunt Quingley. "Well, I heard Lucy had a new brother," she said above the noise. Jin was howling, wildly arching his back to get out of the cart. "This is Jin," I said. I steadied his chin in my hands, trying to break through to him. His face was scrunched up in so many angry lines that he looked like a grapefruit. He screamed something unintelligible, probably a curse in Korean, and continued his kicking.

"Well, isn't he the lively one?" Aunt Quingley said, making a fast get-to toward produce.

The third week I enrolled Jin in a local play group, which met every morning. Hesitant to leave him alone, I watched from behind the mirror in the window that connected with the outside. Relieved, I saw him join a group of boys who were building some kind of vehicle out of blocks. Jin made himself understood with pantomime. "Varoom," yelled one boy, clutching his imaginary steering wheel. "Vroom," yelled Jin, riding alongside.

Tomorrow is the day before Christmas. Tonight, a light snow is falling, and on the living-room rug in front of a not-quite-yet roaring fire are my two fresh-faced children, damp from a bath. Their skin reflects the fire, yet they seem lit from inside.

Hank comes over with an affidavit and sits between them. He begins reading them a book about a family of bears who celebrate Christmas in a condominium in New York. The book is too childish for Lucy but has many complex sentences for Jin. He looks on contentedly, lulled by the sound of Hank's voice, of the crackling in the background.

I think about Jin's Korean mother. She is seventeen years old and a student in a Catholic school in Seoul. She likes music, plays the flute and has no apparent medical problems. That is all we know. I think of the gift she has given our family this Christmas, and in my mind I make a promise to this solemn as a wedding vow: *I will always love this child.*

There is the heat of the fire, the sound of Hank's deep voice. The softness of the children's clean, wet hair, the sharp scent of pine needles. All four of us are drawn together as if by a magical thread.



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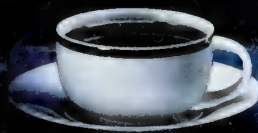
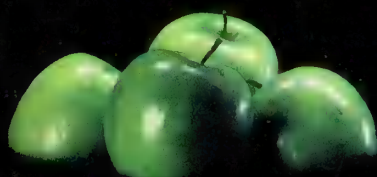
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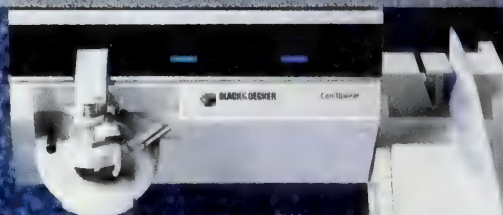
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Turn-of-the-century splendor: The Grand Floridian, a magnificent recreation of a traditional Floridian hotel, is Disney's entry into the luxury market

what's
new at

Disney World

What do you do after you've seen the Magic Kingdom and Epcot? There's plenty more going on in Lake Buena Vista

Typhoon Lagoon will be making
■ splash sometime in mid-1995



N

obody needs to be told that Walt Disney World is a world-class family vacation spot. But if you haven't been there in a while, here are some things that might lure you back.

Two new hotels Longing for an elegant getaway? The Grand Floridian is it: Disney World for grown-ups. You can see its distinctive white towers and turrets and red-shingle roofs from all over the Disney complex. Up close, one of the most impressive things is the main building, with its five-story vaulted lobby, where every evening the hotel keeps up a Roaring Twenties theme with a lively jazz band.

The pretty rooms are decorated in pastels and chintz, and many of them have their own lacy verandas. Best are the ones facing the lagoon, where you can see Cinderella's castle in the distance and watch the nightly fireworks over the water. In-room amenities include such four-star touches as bedtime turn-down and plush terry robes. Prices start at \$165 per night. Top price (and worth it, according to one romantic couple we know): a dazzling honeymoon suite at \$285.

If the Floridian is a little too rich for your blood, try this: big, comfortable, quiet rooms in a lush tropical setting—starting at \$65 a night for a room that sleeps four. The Caribbean Beach Resort is Disney's new moderate-price hotel. The complex is composed of "islands"—clusters of two-story buildings, each of which bears the name of a Caribbean island (Jamaica, Martinique, Aruba, and so on). Every island has its own swimming pool, and there are six counter-service restaurants in the 200-acre complex. When it's complete, next summer, this resort will have more than two thousand rooms (about half are already open). At these

prices, you should reserve early.

Swimmers' paradise If your kids like water parks, they'll love Typhoon Lagoon. The Disney myth is that a huge typhoon once swept Central Florida, leaving in its wake this ninety-five-foot mountain with its assorted waterways and lagoon. The lagoon has the best surfing east of Hawaii, according to the designers, with six-foot waves whipped up by a special machine. Other attractions include nine water slides and a saltwater snorkeling pool, where you can swim fin-to-fin with a shark if you've a mind to.

Movie buff's delight Disney-MGM Studios began production this year. If you ever had a secret hankering for a screen career or you're simply a fan, don't miss this—a working motion picture and television studio (the sequel to *Splash* was filmed here) that's also a theme park. Starting in May, you can take a backstage tour of the production facilities and watch

crews film upcoming movies and TV shows. For all you closet screen stars, however, the best activity is a chance to act in scenes from old TV classics. If you're one of the lucky ones, you leave with a tape of the scene, and from there, who knows?

Mickey's Birthday Land The newest attraction at the Magic Kingdom is Mickey's Birthday Land, built to honor everyone's favorite mouse on the occasion of his sixtieth birthday. After touring the kid-size town and Mickey's own house, everyone is ushered into Minnie's house for a surprise party for Mickey.

—MARY MOHLER

More Travel Talk on P.S. 4



Mini-Monsters greet their hero at a gala surprise party for Mickey

Q

WHAT'S DOTTED
& STRIPED & LACED
WITH LOTS OF COLORS
& REMOVES PANTYLINES
136 WAYS?



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A



Incentive booster: Getting started on a shape-up program is a lot easier when you let yourself be pampered at a spa

my best vacation FLORIDA FITNESS WEEKEND

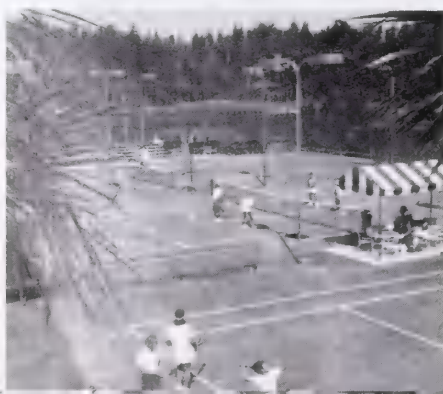
It had been the kind of busy month when just keeping up took everything I had—and all the good, healthy habits I'd been working so hard to develop fell by the wayside with a resounding thud. There were too few aerobics classes, too many fattening dinners in restaurants; too many nights out, not enough just relaxing at home. And sad to say, not only was I feeling the results of living life in the fat lane—I was actually starting to see them.

My husband, Mike, wasn't faring much better. Clearly it was time to make some changes. And the easiest way to do that, it seemed, was to take a break from our everyday lives—if only for a weekend—and devote some energy to fitness. We wanted to find out just how out of shape we were and learn eating and exercising habits that would help us get back on track. But we also wanted our fitness weekend to be relaxing and fun.

So we settled on Saddlebrook, a golf and tennis resort in Tampa, Florida, just a couple hours away by plane—perfect for a quick weekend getaway. We enjoyed all the pleasures of a spa at Saddlebrook, where, under the direction of Dr. Jack Groppe, experts evaluate your fitness level, analyze your diet and prescribe a personalized program.

My session with Dr. Jack, as Saddlebrook's director of sports and health development is known, was illuminating. Instead of concentrating on how much I weighed, Dr. Jack looked at another measure of fitness: body-fat content. (Unfortunately, I found out my body-fat content was high. Dr. Jack's dietary recommendation: only 15 percent of daily calorie intake should come from protein and 20 percent from fat, while 65 percent should be supplied by carbohydrates.)

I left Dr. Jack's office inspired to get to work. Saddlebrook offered numerous possibilities: golf on championship courses designed by Arnold Palmer and tennis on thirty-seven courts. There's also swimming in the enormous 270-foot-long pool, and biking on cypress-lined trails where



box turtles regularly cross your path. I headed for the tennis camp. (Mike scored better than I did on Dr. Jack's evaluation, so he spent the day on the golf course, taking his exercise in a leisurely fashion.) A two-and-a-half-hour lesson with two other women under the hot Florida sun left me drenched with sweat but rather pleasantly exhausted. I couldn't have been more ready for an hour-long massage with one of the masseuses at the spa, who firmly rubbed my tired muscles back into shape. Amazingly, I felt no soreness the day after, even though it had been six years since my last game of tennis.

With Dr. Jack's dietary philosophy fresh in my mind, I cast a discerning eye over Saddlebrook's expansive Sunday-brunch buffet: no to the omelet stuffed with cheese and bacon; yes to the one filled with tomato and scallions. No to the assorted and delicious-looking cheeses; yes to the melon, strawberries and pineapple. Would my resolve last? I wasn't sure. But as we left Saddlebrook, relaxed and somewhat tanned and feeling that we'd had a workout, we had every intention of incorporating what we'd learned into our everyday life.

—CATHY CAVENDER

CHRISTMAS GETAWAYS

Tired of the usual festive flurry of office parties, church pageants and family reunions? Check out *Away for the Holiday* (PCA, 1988), by Patricia Carpenter, for some exotic alternatives. Here are some of our favorites:

■ **Join an English lord and lady for five days at their country mansion. You'll also journey to London to catch a show at the Royal Opera House, Covent Garden, and participate in the traditional gathering of the hounds.**

■ **For another Old English celebration, make a pilgrimage to Canterbury, so you can sing carols in Long Market with the townsfolk and then attend the Christmas service at the renowned cathedral.**

■ **If you fancy a holiday in the grand manner, book one of the fifty-three rooms at the Schlosshotel Kronberg, a nineteenth-century castle built by Empress Frederick in West Germany. Since Christmas is a slow time at the castle, you'll be able to revel in solitary tours down its hallways or steal a private moment for tea in front of the library's fireplace.**

■ **Put on the ritz for the New Year and fly on the *Concorde* to Paris, where you'll dine at the world-famous Maxim's and then dance the night away at a black-tie gala.**

■ **For a total-immersion Christmas, join in the fun at the American Club in Kohler, Wisconsin. Decorating workshops and storytelling around the tree are just a few of the activities you can enjoy. If that still doesn't set your yuletide spirit aglow, there's a marathon chocolate tasting of gourmet treats.**

Although it's a little late to book rooms or flights for this season, you should make plans as soon as possible for a holiday abroad next year. Once you try it, you may never be home for Christmas again. —JEFF BLISS

More Travel Talk on P.S. 6

Regal. In every way.

In one short year, Regal has become one of the best-selling Buicks on the American road. It is designed not just to look regal, it is engineered to be regal.

Regal features: ■ a 2.8-litre V-6 engine ■ 4-wheel independent DynaRide suspension ■ 4-wheel power disc brakes ■ Front-wheel drive ■ Air conditioning ■ Automatic transmission with overdrive ■ Reclining front seats ■ AM-FM stereo with seek and scan.

See your Buick dealer to test drive a Regal. You'll have a very regal experience.



The Great American Road belongs to

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Official Car of the 1988 U.S. Olympic Team



"European women always seemed so cool."

Laura De Maio, Sales Promotion Manager



"It galled me. What did they know that we didn't?"

Last year in Paris, I finally found out.

A matter of attitude. They do special little things for themselves. One of the nicest, is 4711 Original Eau de Cologne.

A French woman I met told me they use 4711 as a splash after bath or shower.

So I gave it a try.

Wow! What a feeling. So refreshing...really exhilarating.

4711 has a light, citrus scent that perks you up, but also has the good sense not to hang around too long. So it never conflicts with your perfume.

Natural refreshment. I felt more confident. Even more attractive.

When I got home, I found 4711 Original Eau de Cologne here, too.

What do European women have that we don't?

Absolutely nothing!"

4711 Original Eau de Cologne, the body refresher.



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We'll send you 10 Colognettes...colognettes scented with 4711 Original Eau de Cologne free. Send your name & address, plus \$2 for postage and handling to: 4711 Offer, P.O. Box 242-G, Norwood, NJ 07648. Allow 4-6 weeks for delivery. Offer expires 2/1/89.

TRAVEL TALK continued from P.S. 4



Parents and kids alike enjoy themselves at Colorado's Vail and Beaver Creek resorts. The weekly Goofy Challenge ski race, mountain sleigh rides and kids-only ski trails are just a few of Vail/Beaver Creek's family-style fun



family fun on the slopes

Colorado's largest ski area, Vail, and its sister resort, Beaver Creek, offer lots of ways to keep skiers—and especially their kids—happy. Vail hopes to become even more family-friendly this year with such attractions as a brand-new children's center, ski trails just for youngsters, and free lodging and lift tickets for kids.

Children can stay free with their parents at many lodges at Vail and Beaver Creek. When families stay at Vail for seven days, kids can ski at a discount.

Vail's new children's center will house an expanded nursery, as well as the children's ski school, rental shop and cafeteria, so parents can take care of their kids' ski needs in one stop.

Looking to take a few lessons on the slopes? With nearly seven hundred instructors, Vail's ski school is the largest in the world, offering extensive programs for kids. Children as young as three can take part.

What's most fun for children are the theme ski areas—just for kids. Children can test their skills on obstacle courses, waves and bumps set up like Old West and Indian adventure trails. For instance, kids can ski down the six-acre Whippersnapper run, which features a slalom course and three re-created gold mines. At Gitchigumee Gulch, kids ski through Indian teepees and a mountain lion's den. The children's attractions were so popular last year that Vail has doubled the number of them this season.

One of the more recognizable members of Vail's ski school is Disney's Sport Goofy. He introduces kids to ski racing with his weekly Goofy Challenge race.

Vail also offers apres-ski events for children. Kids' nights out—dinner and a show for the kids—give parents some free time to sample Vail's famed nightlife.

For more information, call the Vail/Beaver Creek Central Reservations number, 800-525-2257.

—SARAH MCCRAW



Is your face paying the price of success?



You work hard at work, you work hard at home. You're under a lot of pressure.

You skip a meal here and there. You're getting less sleep than maybe you should.

Eventually, of course, it begins to show on your face: a little less resilience, a few more lines.

Now, from Europe's leading skin care experts, there's Nivea® Visage.

Nivea Visage is a non-greasy, fast-absorbing moisturizer,

created especially for your face.

Enriched with Aloe, Vitamin E, and a PABA-free sunscreen, Visage is specifically designed to fight the signs of premature aging and other effects of stress.

Nivea Visage helps replenish and nourish your skin by reducing moisture loss.

It also actually assists your skin's natural ability to renew itself. Keeping it looking and feeling firmer, smoother and younger, longer.

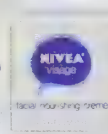
For over seventy-five years at Nivea, our concern has been the care of your skin. And it's still all we care about today.

Nivea Visage Facial Nourishing Lotion and Creme. Made to help you live with success.

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facial
nourishing lotion



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the feeling.

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Holiday Recipe Guide

Presenting a
Tempting array of
Festive recipes
To brighten your
Holiday menus
From the test
Kitchens of some of
America's leading
Food makers.



Merry Berry Chocolate Cake

It's easy to prepare this fabulous dessert for the holidays!

- 1 package Pillsbury Microwave Chocolate Cake Mix (with reusable pan)
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup oil
- 1 egg

Topping: $\frac{1}{4}$ cup seedless red raspberry jam
 $\frac{1}{4}$ cup fresh or frozen raspberries
powdered sugar

Prepare Pillsbury Microwave Cake as according to package directions. Invert on serving platter. Spread raspberry jam over cake. Top with raspberries and sprinkle with powdered sugar. Makes 6 to 8 servings.

Topping Variations: Experiment with your favorite fruit preserves and different fresh, frozen, or candied fruits. Try Pillsbury Microwave Yellow Cake with orange marmalade and mandarin orange sections. Or try the other recipes given below and discover the cake that's perfect for any occasion!

Hint 'O Mint Dessert

Prepare Pillsbury Microwave Chocolate Cake Mix. Cut hot cake into wedges and place on serving plates. Top each with a dollop of sweetened whipped cream and drizzle with creme de menthe liqueur.

Crunchy Amaretto Dessert

Prepare Pillsbury Microwave Yellow Cake Mix according to directions, stirring $\frac{1}{4}$ cup chopped almonds into cake batter. Sprinkle hot cake lightly with amaretto liqueur. Cut cake into wedges and serve with sweetened whipped cream.

Snowflake Cake

Prepare Pillsbury Microwave Chocolate Cake mix and let cool. Cut snowflake design from piece of paper, or use a paper doily. Place on top of cake and sprinkle with powdered sugar. Lift paper to show snowflake design.

 **Microwave**
CAKE MIX

Holiday Recipe Guide



Tortelloni San Remo

(Makes 3 entree servings)

- 1 tablespoon butter
- 2 tablespoons chopped shallots or white part of green onion
- 1 cup fresh or frozen green peas
- 1 teaspoon thinly slivered lemon rind
- 1 container (12 ounces) CONTADINA FRESH Alfredo Sauce*
- $\frac{3}{4}$ pound fresh asparagus, peeled and cut in 2-inch lengths
- 1 package (9 ounces) CONTADINA FRESH Tortelloni with Chicken and Prosciutto (Egg or Spinach)**

Melt butter in 10-inch skillet. Add shallots and cook 1 minute. Add peas and lemon rind and cook 2 minutes longer. Stir in alfredo sauce and heat through gently. Cook asparagus in 3 quarts boiling salted water 3 minutes. Remove with slotted spoon and add to alfredo sauce. Keep warm. Cook Tortelloni in same water 6 to 7 minutes. Drain and add to sauce mixture. Serve immediately. Makes 5 cups.

*GENERIC TERM: Fresh refrigerated alfredo sauce

**GENERIC TERM: Fresh refrigerated tortelloni with chicken and prosciutto (egg or spinach)



Petite Pecan Pate

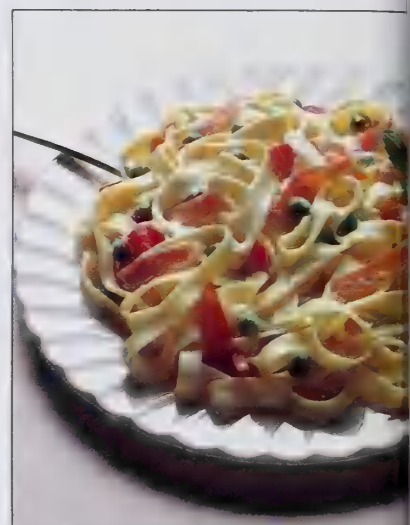
- 1 8-oz. package PHILADELPHIA BRAND Cream Cheese, softened
- 1 tablespoon Worcestershire sauce
- 1 small garlic clove, minced
- 4-5 drops hot pepper sauce
- 1 cup finely chopped pecans
- Paprika

Combine cream cheese, worcestershire sauce, garlic and hot pepper sauce, mixing until well blended. Add nuts; mix well. Press into six individual $\frac{1}{4}$ -cup molds lined with plastic wrap. Chill several hours or overnight. Unmold. Sprinkle with paprika. Garnish with zucchini slices and peel, if desired. Serve with toasted French bread slices.

$1\frac{1}{2}$ cups

Variations: Substitute Light PHILADELPHIA BRAND Neufchatel Cheese for Cream Cheese.

Prepare cream cheese mixture as directed. Press mixture into 2-cup mold or bowl lined with plastic wrap. Continue as directed.



Special Fettuccine Alfredo

- 8 ounces fettuccine
- 4 tablespoons ($\frac{1}{2}$ stick) butter
- 1 cup heavy cream
- $\frac{2}{3}$ cup freshly grated Parmesan cheese
- $\frac{1}{2}$ cup cooked peas
- $\frac{1}{2}$ cup roasted or blanched red pepper chunks
- 3 ounces prosciutto, diced
- freshly ground pepper

Cook fettuccine according to package directions. Drain. Melt the butter in a small saucepan. Add the cream and bring to a slow boil for about 2 minutes to thicken the sauce slightly. Quickly add the well-drained pasta to the sauce. Add the Parmesan cheese and incorporate it thoroughly with the pasta and sauce. Add the peas, red pepper, and prosciutto. Add pepper to taste. Pass additional Parmesan cheese.

Serves 4.

America's Dairy Farmer
National Dairy Board

Holiday Recipe Guide



"I Can't Believe It's Not Butter!"® Holiday Wreath Cake

package (18.25 ounces) white cake mix
cup (stick or tub) "I Can't Believe It's
Not Butter!", melted

and Frosting:

cup (stick or tub) "I Can't Believe It's
Not Butter!"
pound (3½ cups) confectioners' sugar,
divided
tablespoons milk, divided
teaspoons imitation rum flavor
cup chopped nuts
cup shredded coconut
tablespoons drained, chopped,
maraschino cherries

Prepare cake mix according to package
directions using egg whites only.
Substitute "I Can't Believe It's Not
Butter!" for oil. Bake in a greased and floured
tube pan. Cool. Combine ½ cup "I Can't
Believe It's Not Butter!" and 1½ cups sugar;
until blended. Beat in remaining 2 cups
3 tablespoons milk and rum flavoring.
the ¾ cup frosting with cherries, nuts and
it. Split cake into two layers. Spread
layer with fruit-nut filling. Replace top
frost sides and top of cake. Decorate
iced.

"Can't Believe It's Not Butter!"

ly spread flavored with sweet cream
milk to give you a fresh butter taste.
t cholesterol.

Believe It's Not Butter!
either will you.

**I Can't Believe
It's Not
Butter!®**



Sesame Salad

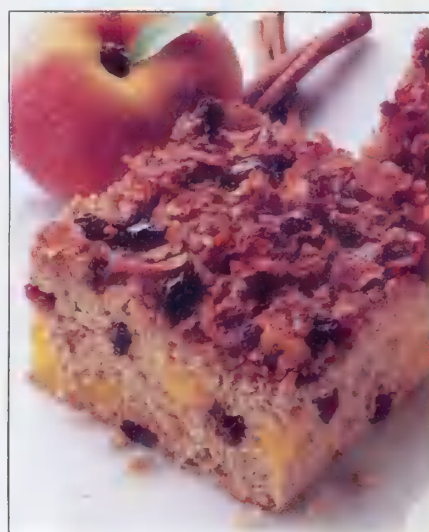
Dressing:

- 2 tablespoons rice vinegar
- 1 tablespoon La Choy® Soy Sauce
- 1 tablespoon each: vegetable oil and sugar
- ½ teaspoon each: garlic powder and
dry mustard
- ¼ teaspoon each: sesame oil and pepper

Salad:

- 1 (8-oz.) can La Choy Sliced Water
Chestnuts, drained
- 1 cup chopped, cooked pork or smoked
turkey
- 1 (6-oz.) package frozen La Choy Chinese
Pea Pods, thawed and drained
- 3 tablespoons diagonally sliced green
onions
- 1 tablespoon toasted sesame seeds
- 3 cups chopped lettuce
- 1 (3-oz.) can La Choy Chow Mein Noodles

In small bowl, whisk together dressing
ingredients; set aside. In large bowl,
combine *all* salad ingredients *except*
lettuce and chow mein noodles. Pour dressing
over salad; toss to coat. Chill one hour before
serving. Toss with lettuce and sprinkle chow
mein noodles over salad. Makes 6 cups.



Raisin Bran Peach Snack Cake

- 2 tablespoons margarine or butter, melted
- ¼ cup firmly packed brown sugar
- 1½ cups Kellogg's Raisin Bran cereal
- 1 cup all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ cup margarine or butter, softened
- ½ cup granulated sugar
- 2 eggs
- 1 can (16 oz.) sliced cling peaches,
drained, cut into bit-size pieces
- 1½ cups Kellogg's Raisin Bran cereal

1. In small mixing bowl, combine margarine,
brown sugar and the 1½ cups Kellogg's Raisin
Bran cereal; set aside.
2. Combine flour, salt, baking powder, cinnamon
and nutmeg. Set aside.
3. In medium-size bowl, beat together
margarine, granulated sugar and eggs until
well combined. Stir in peaches. Add flour
mixture and remaining cereal. Stir until
combined. Spread evenly in greased
9×9×2 inch baking pan. Sprinkle with
prepared topping.
4. Bake in 350° oven about 30 minutes or until
cake tests done. Serve warm or cold.

YIELD: 9 servings.



Holiday Recipe Guide



Spinach Tortellini with Roasted Red Peppers

- 2 packages (9 ounces each) fresh spinach tortellini
- 1 jar (7 ounces) roasted red peppers, or pimientos
- 2 tablespoons butter, or olive oil
- 4 cloves garlic, minced
- ¼ cup chopped fresh basil or 2 teaspoons dried basil
- ½ cup chopped walnuts, toasted
- 1 cup prepared Hidden Valley Ranch® Original Ranch® salad dressing

Cook tortellini according to package directions; drain and set aside. Slice red peppers into strips. Melt butter in saucepan; add garlic and saute about 2 minutes. Add red pepper strips, basil, and tortellini. Stir to coat; then add walnuts. Stir in enough dressing until creamy and coated. Serve hot. Serves 4 to 6.

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Pineapple Cranberry Mousse

- 1 can (20 oz.) Dole Crushed Pineapple
- 2 packages (3 oz. each) raspberry gelatin
- 1 package (12 oz.) fresh cranberries
- 1 orange
- 1½ cups sugar
- 1 pint dairy sour cream
- 1 can (8 oz.) Dole Crushed Pineapple, drained Mint sprigs

Drain 20-ounce can of pineapple, reserve 1 cup juice. Heat juice to boiling; stir in gelatin until dissolved. In food processor or blender, chop cranberries and sliced, unpeeled orange with sugar to make a relish. Combine relish and pineapple with gelatin. Chill until slightly thickened. Fold in sour cream. Pour into a 2-quart mold. Chill until firm. Unmold onto serving plate. Garnish with 8-ounce can of crushed, drained pineapple and mint if desired. Serves 8 to 10.

For Dole's EASY TO ELEGANT 96-page cookbook, send \$1 to:

Dept. ETEL
Dole Consumer Center
P.O. Box 7758
San Francisco, CA 94120-7758



Chicken Parmesan

- 4 half chicken breasts, skinned and boned
- 2 cans (14½ oz. each) Del Monte® Italian Style Stewed Tomatoes
- 2 tablespoons cornstarch
- ½ teaspoon oregano or basil, crushed
- ¼ teaspoon hot pepper sauce (optional)
- ¼ cup grated Parmesan cheese

Place chicken in baking dish. Bake covered 15 min. in preheated 425°F oven and drain. Combine tomatoes, cornstarch, oregano and pepper sauce; cook, stirring constantly until thickened. Pour heated sauce over chicken; top with cheese. Bake 5 minutes uncovered. Garnish with parsley. 4 servings.

For free recipe book: write to Del Monte Recipe Book Offer, Box 7964, Clinton, IA 52736.



WE GROW VARIETY Del Monte QUALITY

Holiday Recipe Guide



Creamy Shrimp & Noodles

3 tablespoons butter or margarine
8 ounces uncooked medium shrimp, cleaned*
1 cup red pepper strips
1 cup frozen peas
2 tablespoons grated Parmesan cheese
1 teaspoon garlic powder
1 envelope Lipton® Cream of Chicken Flavor Cup-A-Soup® Instant Soup
1 cup milk
8 ounces fettuccine or medium egg noodles, cooked and drained

In a large skillet, melt butter and cook shrimp with red pepper 3 minutes, stirring frequently. Stir in peas, cheese, garlic powder and Cup-A-Soup blended with milk. Cook, stirring occasionally, 5 minutes or until heated and heated through. Toss with hot noodles. Makes about 2 servings.

*Preparation: Use 8 ounces boneless chicken breast, cut into thin strips.

Tested Recipe from The Lipton Kitchens

Lipton®
Cup-A-Soup
INSTANT SOUP



Almond Dream

3 cups water
6 Lipton Almond Pleasure Herbal Tea Bags
1½ cups milk
¼ cup brown sugar
¼ teaspoon vanilla extract
Brandy (optional)
Sweetened whipped cream

In a medium saucepan, bring water to a boil. Add almond herbal tea bags; cover and brew 5 minutes. Remove tea bags. Stir in milk and sugar; heat through. Just before serving, stir in vanilla and brandy; garnish with whipped cream. Makes about 6 servings.

Fireside Punch

1½ cups cranberry juice cocktail
1½ cups water
4 Lipton Cinnamon Apple or Gentle Orange Herbal Tea Bags
2 tablespoons brown sugar
Cinnamon Sticks (optional)

In a medium saucepan, bring cranberry juice and water to a boil. Add herbal tea bags; cover and brew 5 minutes. Remove tea bags; stir in sugar. Garnish with cinnamon sticks. Makes about 5 servings.

Lipton®
HERBAL TEA



Dessert Cheese

⅓ cup chopped walnuts
⅓ cup chopped dates
8 ounces sharp Cheddar Cheese, cubed
1 8 oz. package cream cheese, softened & cubed
5 Tbs. rum

Combine Cheddar Cheese, cream cheese, dates and rum in food processor. Process for 1 minute.

Place plastic wrap lining in a shallow 7-inch dish, extending it over the edge. Press cheese mixture firmly into the dish. Bring ends of plastic wrap over the cheese to cover it. Chill for 4 hours.

Unmold cheese mixture and remove plastic. Press walnuts onto molded cheese.

Serve with ginger cookies and sliced fruit.

**DON'T
FORGET
THE
CHEESE**



COOKING FOR TODAY

Ronnie Kaufman/Stockmarket



Put a sweet finish
on Christmas dinner
with these treats
from community
cookbooks across
the country

*Luscious
holiday*

desserts

FESTIVAL-OF-FRUIT TART

With a sugar cookie crust, it's a snap to put together this gorgeous fruit tart, large enough to feed a crowd.

Prep time: 30 minutes plus chilling ○
Baking time: 12 minutes

- 20 ounces refrigerated sugar cookie dough, packaged or homemade, cut into 1/4-inch slices
- 2 envelopes unflavored gelatin
- 2 cups milk, divided
- 6 ounces cream cheese, softened, cut up
- 6 tablespoons orange juice,
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1 cup ice cubes
- 1 large egg white, lightly beaten
- 5 to 6 cups sliced fresh fruit, such as strawberries, bananas and kiwis
- 1/2 cup apricot preserves

Preheat oven to 350°F. Butter 15 1/2 x 10 1/2-inch jelly-roll pan. Press dough evenly in pan to cover bottom and sides. Bake about

12 minutes or until lightly browned. Cool on wire rack.

In blender sprinkle gelatin over 1/2 cup cold milk; let stand 5 minutes. In small saucepan heat 1 cup milk until very hot. Add hot milk to blender and process at low speed 2 minutes. Add remaining 1/2 cup cold milk, cream cheese, 3 tablespoons orange juice, sugar and vanilla. Process at high speed, adding ice cubes one at a time; continue processing until ice is melted. Let stand in blender until mixture just starts to thicken, about 10 minutes.

Brush baked cookie crust with egg white. Spread gelatin mixture evenly over crust, then arrange fruit on top.

In small saucepan heat preserves and remaining 3 tablespoons juice until preserves melt. Strain and carefully brush glaze over fruit. Refrigerate until firm, about 2 hours. Makes 20 servings.

Nutrition info per serving: 230 calories, 9 gm fat, 4 gm protein, 35 gm carbohydrates, 156 mg sodium, 13 mg cholesterol.

From NOTEWORTHY, published by the Women's Board of the Ravinia Festival. Send \$15.95 plus \$2.50 shipping per copy to: NOTEWORTHY, 1575 Oakwood Ave., Highland Park, IL 60035. Check payable to NOTEWORTHY; Visa and MasterCard accepted.

FROZEN KAHLUA SOUFFLÉ

This make-ahead frozen dessert combines three favorite flavors—coffee, almond and cream.

Prep time: 30 minutes plus freezing

- 3 large eggs
- 5 large egg yolks
- 1/2 cup sugar
- 1 cup finely crushed almond macaroons or amaretti cookies
- 1/3 cup Kahlua or other coffee liqueur
- 2 1/2 cups heavy or whipping cream, divided
- 1/2 cup slivered almonds, toasted, for garnish

Cut piece of foil long enough to wrap around 6-cup soufflé dish. Fold lengthwise in half and wrap around dish. Secure with paper clip and rubber band.

In mixer bowl beat eggs and egg yolks until lemon colored. Gradually beat in sugar and continue beating until mixture forms ribbon when beaters are lifted. With mixer at low speed mix in macaroons and liqueur.

In another bowl beat 2 cups cream until stiff peaks form. Add to egg mixture; gently fold together with rubber spatula. Pour into prepared dish. Cover with plastic wrap and freeze overnight.

Just before serving, whip remaining 1 1/2 cups cream until stiff. Remove collar from soufflé dish. Garnish top with whipped cream and almonds. Makes 8 servings.

Nutrition info per serving: 510 calories, 40 gm fat, 15 gm protein, 29 gm carbohydrates, 93 mg sodium, 13 mg cholesterol.

From AMERICA DISCOVERS COLUMBUS, published by the Junior League of Columbus. Send \$15.95 plus \$2.00 shipping (Ohio residents add \$.88 tax) per copy to: America Discovers Columbus, 583 Franklin Ave., Columbus, OH 43215. Check payable to Junior League of Columbus; Visa and MasterCard accepted.

DELECTABLE BITTERSWEET CHOCOLATE CAKE

An intense chocolate cake that uses the same batter for both cake and topping. Just a sliver satisfies.

Prep time: 35 minutes plus chilling
Baking time: 25 minutes

- Unsweetened cocoa powder
- 11 squares (1 oz. each) unsweetened chocolate, coarsely chopped
- 1 1/4 cups plus 2 tablespoons butter, cut up

(continues)



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COOKING FOR TODAY

continued

1 tablespoon brandy
11 large egg yolks
1 1/2 cups sugar, divided
8 large egg whites, at room temperature
Pinch cream of tartar
Pinch salt

Preheat oven to 350°F. Butter 9-inch spring-form pan; dust lightly with cocoa and shake out excess.

In top of double boiler melt chocolate and butter over simmering water. Let cool, then stir in brandy.

In mixer bowl beat egg yolks and 1 1/2 cups sugar until mixture forms ribbon when beaters are lifted. Add chocolate mixture and gently fold together with rubber spatula.

In another mixer bowl beat egg whites with cream of tartar and salt until soft peaks form. Beat in remaining 1/2 cup sugar 1 tablespoon at a time; continue beating until stiff but not dry. Fold egg whites one third at a time into chocolate mixture.

Pour two thirds of the batter into prepared pan. Reserve remaining batter for topping.

Bake cake 25 minutes or until toothpick inserted in center comes out sticky but not wet. Cool on wire rack 10 minutes. Remove side of pan and cool completely.

Spread reserved batter over top of cake, then sift lightly with cocoa. Cover and refrigerate 3 hours or overnight. Makes 16 servings.

Nutrition info per serving: 370 calories, 30 gm fat, 6 gm protein, 27 gm carbohydrates, 201 mg sodium, 230 mg cholesterol.

From SAN FRANCISCO ENCORE. Published by Doubleday & Co., Inc. Send \$22.50 plus \$3.00 shipping per copy to: The Junior League of San Francisco, 2226 Fillmore St., San Francisco, CA 94115. Checks payable to Junior League of San Francisco.

BERRIES WITH ORANGE CUSTARD SAUCE

The velvety orange sauce adds zip to fresh berries.

Prep time: 10 minutes plus chilling
Cooking time: 10 minutes

5 large egg yolks
1/2 cup plus 2 tablespoons sugar, divided

4 tablespoons orange-flavored liqueur, divided

1 cup heavy or whipping cream
3 to 4 pints fresh strawberries, raspberries, blueberries or combination

In top of double boiler whisk egg yolks and 1/2 cup sugar until blended. Cook over simmering water, whisking constantly, until pale yellow and thickened, about 10 minutes. Transfer to bowl and stir in 2 tablespoons liqueur. Refrigerate until cold.

Just before serving, in mixer bowl beat cream and remaining 2 tablespoons sugar until soft peaks. Add to egg mixture and gently fold together with rubber spatula. Fold in remaining 2 tablespoons liqueur. Serve with fresh berries. Makes 12 servings.

Nutrition info per serving: 175 calories, 10 gm fat, 6 gm protein, 19 gm carbohydrates, 12 mg sodium, 1 mg cholesterol.

From APPLEHOOD & MOTHERPIE, published by the Junior League of Rochester, New York. Send \$16.95 plus \$2.50 shipping (New York residents add \$1.19 tax) per copy to: Publications, Junior League of Rochester, Inc., P.O. 10401, Rochester, NY 14610. Checks payable to JLR Publications; Visa or MasterCard accepted.



CREAMY BAKED CHEESECAKE

Makes one 9-inch cheesecake

- $\frac{1}{2}$ cup margarine or butter, melted
- $1\frac{1}{2}$ cups graham cracker crumbs
- $\frac{1}{4}$ cup sugar
- 2 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 3 eggs
- $\frac{1}{4}$ cup RealLemon® Lemon Juice from Concentrate
- 1 (8-ounce) container sour cream

Preheat oven to 300°. Combine margarine, crumbs and sugar; press firmly on bottom of 9-inch spring-form pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and RealLemon; mix well. Pour into prepared pan. Bake 50 to 55 minutes or until set; top with sour cream. Bake 5 minutes longer. Cool. Chill. Garnish with Raspberry Topping. Refrigerate leftovers.

Raspberry Topping: Reserve $\frac{1}{2}$ cup syrup drained from 1 (10-ounce) package thawed frozen red raspberries. In small saucepan, combine reserved syrup, $\frac{1}{4}$ cup red raspberry jam and 1 tablespoon cornstarch. Cook and stir until slightly thickened and clear. Cool. Stir in raspberries (Makes about $1\frac{1}{2}$ cups)



SPICED MAPLE CIDER

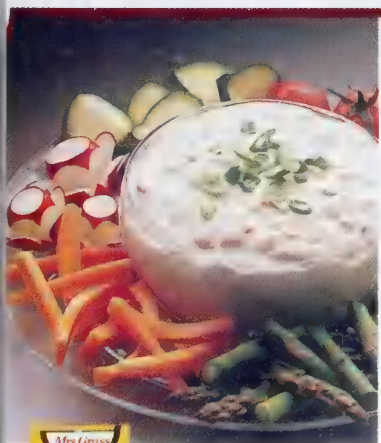
Makes about 2 quarts

- 2 quarts apple juice or cider
- 1 (8-ounce) bottle Cary's® Pure Maple Syrup
- $\frac{1}{2}$ cup RealLemon® Lemon Juice from Concentrate
- 1 small orange, sliced
- 3 cinnamon sticks
- 8 whole cloves
- $\frac{1}{4}$ cup Southern Comfort® liqueur, optional

In large saucepan, combine all ingredients except liqueur; bring to a boil. Reduce heat; simmer uncovered 20 minutes. Remove orange slices and spices. Add liqueur if desired. Serve warm; garnish as desired.

Tip: Can be served chilled, or chill and add 1 (32-ounce) bottle ginger ale just before serving.

*Southern Comfort is a registered trademark of the Southern Comfort Corporation.



CLAM ONION DIP

Makes about 2½ cups

- 1 (16-ounce) container sour cream
- 1 or 2 (6½-ounce) cans Snow's® or Doxsee® Minced Clams, drained
- 1 (1.5-ounce) package Mrs. Grass® Onion Recipe, Soup & Dip Mix
- 3 tablespoons RealLemon® Lemon Juice from Concentrate
- 2 to 3 teaspoons prepared horseradish

In medium bowl, combine ingredients; mix well. Chill. Stir before serving. Serve with assorted fresh vegetables. Refrigerate leftovers.



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TRADITIONAL CHEX PARTY MIX

1/2 cup (1/2 stick) butter (unsalted)
1 1/2 teaspoons seasoned salt
4 1/2 teaspoons French's® Worcestershire Sauce
2 1/2 cups Corn Chex® cereal
2 1/2 cups Rice Chex® cereal
2 1/2 cups Wheat Chex® cereal
1 cup salted mixed nuts
1 cup pretzel sticks

Preheat oven to 250°. In large mixing pan melt butter in oven. Remove. Stir in seasoned salt and Worcestershire. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on absorbent paper to cool. Store in airtight container.

Makes 8 cups.

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BAKE YOUR
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Chocolossal Chip Cookies

- 2 cups all-purpose flour
- 1 teaspoon CALUMET™ Baking Powder or baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter or other shortening
- 1/2 cup granulated sugar
- 1 cup firmly packed brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 package (10 oz.) BAKER'S® Big Chips—Semi-Sweet Chocolate
- 1 cup chopped nuts (optional)

Mix flour with baking powder and salt. Beat butter until light and fluffy. Gradually beat in sugars. Mix in eggs and vanilla. Stir in flour mixture until well blended. Stir in chips and nuts.

Drop by rounded teaspoonfuls onto ungreased baking sheets, placing cookies about 2 inches apart. Bake at 375° for 8 minutes or until lightly browned.

Makes about 3-1/2 dozen cookies.

Warm up your Holidays

Betty Crocker

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TANGY ALMOND GLAZED HAM

1 Armour Ham (Golden Star Canned, Golden Star Boneless or 1877 Boneless)

½ cup Heinz 57 Sauce

¼ cup honey

½ cup Blue Diamond

Blanched Slivered Almonds, toasted

Heat ham according to label instructions.

Combine remaining ingredients for glaze.

Generously spoon glaze over ham during

last 20 minutes of baking. Warm remaining

glaze and serve over sliced ham. Makes

about 1 cup.



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A speedy California pizza. Next page, holiday treats, in-no-time drinks



CHICKEN AND RED ONION PIZZA

A pizza with pizzazz—chicken, mozzarella, onions and thyme.

Adjust oven rack to lowest position. Preheat oven to 425°F. In large skillet heat 2 tablespoons olive oil over medium-high heat. Add 2 cups sliced red onions, ½ red pepper, sliced, and ½ teaspoon thyme. Sauté until vegetables are soft. Add 1 pound skinless, boneless chicken breast strips, 1 garlic clove, minced, and ¼ teaspoon *each* salt and pepper. Sauté over high heat until chicken is cooked.

On lightly greased 12-inch pizza pan unroll and press 1 can (10 oz.) refrigerated pizza crust. Sprinkle dough with 4 ounces shredded mozzarella cheese; top with drained chicken mixture. Bake 15 minutes or until crust is golden and crisp on the bottom.

Nutrition info per serving: 475 calories, 17 gm fat, 39 gm protein, 39 gm carbohydrates, 657 mg sodium, 88 mg cholesterol.

ZUCCHINI WITH LEMON AND PARMESAN

Jazzed-up zucchini sticks—a perfect side dish for any pizza.

Cut 1 pound small zucchini into quarters lengthwise, then in half crosswise. In 10-inch skillet heat 1 tablespoon olive oil over medium-high heat. Add zucchini and ½ teaspoon grated lemon peel; cook, stirring frequently, until zucchini is lightly browned and tender-crisp, about 3 minutes. Toss with 1 tablespoon freshly grated Parmesan cheese and salt and freshly ground pepper to taste.

Nutrition info per serving: 50 calories, 4 gm fat, 2 gm protein, 3 gm carbohydrates, 27 mg sodium, 1 mg cholesterol.



BROILED ORANGE SLICES

A zesty citrus ending that's sweet, satisfying and a snap to make.

Preheat broiler. With a knife peel and remove white pith from 3 navel oranges; slice fruit ¼ inch thick. Place in a 9-inch pie plate. Sprinkle with 2 tablespoons brown sugar, pushed through a sieve, and dot with 1 teaspoon butter. Broil 2 to 3 minutes, until sugar bubbles. Garnish with a dollop of whipped cream and sprinkle with a little brown sugar.

Nutrition info per serving: 80 calories, 1 gm fat, 1 gm protein, 19 gm carbohydrates, 13 mg sodium, 3 mg cholesterol.

Menu

FOR FOUR

Chicken and Red Onion Pizza

Zucchini with Lemon and Parmesan

Broiled Orange Slices

Menu by
Kathy Jackette





BERRY BERRY RICH

Chocolate Truffle Loaf with Raspberry Sauce

PREP. TIME: 30 MIN.

2 cups heavy cream, divided
3 egg yolks, slightly beaten
2 pkgs. (8 oz. each) BAKER'S Semi-Sweet Chocolate
½ cup KARO® Light or Dark Corn Syrup

½ cup margarine or butter
¼ cup confectioners sugar
1 teaspoon vanilla
Raspberry Sauce (below)

• Line 8½x4½x2½-inch loaf pan with plastic wrap. Mix ½-cup cream with egg yolks. In 3-qt. saucepan stir chocolate, corn syrup and margarine over medium heat until melted. Add egg mixture. Stirring constantly, cook 3 min.* Cool to room temperature.
• Beat remaining cream, sugar and vanilla until soft peaks form. Fold into chocolate until no streaks remain. Pour into pan. Refrigerate overnight or chill in freezer 3 hr. Serve with sauce. Serves 12.

Raspberry Sauce: In blender puree 1 pkg. (10 oz.) frozen raspberries, thawed; strain. Stir in ⅓-cup KARO® Corn Syrup.

* **Microwave Directions:** In 3-qt. microwavable bowl mix chocolate, corn syrup and margarine. Microwave at High (100%), stirring twice, 2 to 2½ min. or until melted. Stir in egg mixture. Microwave, stirring twice, 3 min. Continue as above..





A HOLIDAY HORS D'OEUVRE

AN EASY, FIVE-INGREDIENT APPETIZER YOU CAN MAKE IN MINUTES

smoked trout on cucumber rounds

whipped chive cream cheese, 3 ounces flaked smoked trout and 1 teaspoon horseradish. Garnish with red or black lumpfish caviar. Serve with sliced cucumbers. Makes $\frac{3}{4}$ cup.

Nutrition info per serving: 40 calories, 3 gm fat, 2 gm protein, 0 gm carbohydrates, 103 mg sodium, 14 mg cholesterol.



spirits of the season

THREE CHEERS FOR OUR FIVE PERFECT, DELIGHTFULLY DIFFERENT PARTY POTABLES

spiced cranberry-orange drink

In 8-ounce microwave-proof mug combine $\frac{3}{4}$ cup cranberry juice cocktail, 2 tablespoons orange juice, 1 teaspoon sugar and $\frac{1}{4}$ teaspoon pumpkin-pie spice. Microwave on High $1\frac{1}{2}$ to 2 minutes, until steaming. Garnish with an orange slice. Makes 1 serving.

hot buttered apple rum

In 8-ounce microwaveproof mug combine $\frac{3}{4}$ cup apple juice, 1 tablespoon rum, 1 teaspoon brown sugar and $\frac{1}{4}$ teaspoon pumpkin-pie spice. Microwave on High 2 minutes, until steaming. Top with butter. Makes 1 serving.

anise tea

In 8-ounce microwaveproof mug combine $\frac{3}{4}$ cup water, one 3-inch strip lemon peel, 1 to 2 teaspoons sugar and $\frac{1}{4}$ teaspoon anise seed, crushed. Microwave on High 2 to $2\frac{1}{2}$ minutes, until boiling. Add 1 English breakfast tea bag. Let steep 2 minutes; remove tea bag. Makes 1 serving.

quick mulled wine

In 8-ounce microwaveproof mug microwave $\frac{1}{2}$ cup water on High 1 to $1\frac{1}{2}$ minutes, until boiling. Add 1 orange spice tea bag, $\frac{1}{3}$ cup dry red wine and 1 teaspoon sugar. Let steep 2 minutes; remove tea bag. Makes 1 serving.

spiced cocoa

In 10-ounce microwaveproof mug combine 2 tablespoons sugar, 1 tablespoon unsweetened cocoa, $\frac{1}{4}$ teaspoon pumpkin-pie spice and $\frac{3}{4}$ cup milk. Stir until smooth. Microwave on High $1\frac{1}{2}$ to 2 minutes, until steaming. Stir. Garnish with marshmallows. Makes 1 serving.



In small saucepan combine 2 tablespoons softened butter, 2 tablespoons brown sugar and 1 teaspoon water. Cook over medium heat until sugar dissolves. Pour into a greased 8-inch ring mold. Place 14 to 16 pecan halves upside down on top of butter-sugar mixture.

In small saucepan melt 1 tablespoon butter. In another small bowl combine $\frac{1}{3}$ cup chopped pecans, 3 tablespoons granulated sugar and $\frac{1}{4}$ teaspoon cinnamon.

Preheat oven to 350°F . Cut 1 can (10 oz.) refrigerated bread dough into 10 equal slices. Dip each slice into the melted butter, then into the sugar-nut mixture. Arrange slices snugly, dipped side down, in pan. Sprinkle any remaining sugar-nut mixture over the top. Bake 20 to 25 minutes, until browned. Invert and gently unmold. Garnish with candied fruit. Makes 10 servings.

Nutrition info per serving: 175 calories, 9 gm fat, 3 gm protein, 21 gm carbohydrates, 184 mg sodium, 14 mg cholesterol.

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Florence Henderson





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red, brown, orange, yellow, green Christmas.

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Holiday hassles?
Here's how to make
it a wonderful day in
your neighborhood
By Janet Spencer King



Christmas

with Mister Rogers



In the Land of Make-Believe,
kids meet a host of characters who
are very much like themselves

Every year the same thing happens. Despite herculean efforts on your part to make this season joyous and fun-filled for your children, at some point one of your offspring will collapse in a pool of tears, a tantrum, a litany of whines. Nerves frazzled, you wonder why every family (except yours) manages to have a happy holiday. And next year, you swear, things will be very, very different. You're just not sure how.

That's why we asked Fred Rogers for help. (He's been talking to children about everything for thirty-plus years.) Here, his from-the-heart suggestions—plus recipes and crafts for kids of all ages—guaranteed to put the merry back in Christmas.



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Christmas

with Mister Rogers

Do parents create more problems for their children by continuing the myth of Santa Claus? After all, Santa can be pretty frightening for little ones.

You know, I think it's a very individual matter. Santa can be a lot of fun, and what's wrong with that? And there is something real about Santa, in that he personifies giving and the spirit of the holiday.

But there is another side to Santa that can be frightening: the idea that Santa is all-powerful, that he can see inside us, that he knows what we are thinking. One of the most precious gifts we can give our children is the knowledge that their thoughts are their own and that they can decide to share them or not.

What can parents do to lessen the holiday frenzy and calm things down?

Sometimes the best way to lessen holiday unpleasantness is for parents simply to listen to what their children are really saying. Let me tell you a story about an older friend of mine who was good buddies with a neighbor's four-year-old son. One year just after Christmas, the little boy came over for a visit. He was downhearted. When my friend asked what was wrong, he sputtered: "I got lots of toys, but not the one I asked for. All I really wanted were high-topped sneakers, and I told them and told them." Apparently the child's parents thought shoes were too mundane a gift. But that's what their son truly wanted, and if they had really listened, they would have saved themselves, and their child, much pain.

Another way to ease the frenzy is to keep things as normal as possible during the holidays. Children enjoy—indeed, need—routines, and when schedules get jumbled, even though it's for a happy occasion, it can be hard to adjust.

With visions of presents dancing in their heads, even the sweetest kids can succumb to the holiday greedies and are sometimes disappointed with their gifts. What's a mother to do?

Children will never get everything they want, and though they may be disappointed, it is not going to be their first or their last disappointment in life. However, teaching them how to handle letdowns—large or small—is an important and wonderful gift that you can give them early on.

In responding to an obvious disappointment, it can help both you and your disappointed little one to sit down and talk about it. You can ask your child how she is feeling, and acknowledge that you understand how much it hurts when you don't get what you had dreamed of. Then point out the reality of life—exactly why it was that the child couldn't have what she wanted. Children can always handle the truth better than any substitute.

It also helps to set limits concerning the number and cost of gifts ahead of time. When you admit you cannot provide children with everything they want, you are teaching them a valuable lesson about discipline and control. . . and honesty.

Parents often feel a letdown at holiday time, too. How come?

I think that many people fail to realize they don't have to give 110 percent—during the holidays or any other time for that matter. All mothers and fathers want their children



**Around the neighborhood:
friendly faces**

to have a perfect life. Intellectually, they may know this is impossible, but then along comes a birthday or Christmas, and they tell themselves, "Well, at least this day will be perfect and special." Their expectations become so enormous that if something goes awry, as it inevitably does, they wind up bitterly disappointed.

Many of these great expectations are rooted in our feelings that we should continue family traditions exactly the way our parents did. Now, that's not always possible or practical.

For instance, I think that if Jesus hadn't been born on Christmas, my mother would have invented the holiday. She had hundreds of people on her present list; for her, Christmas was a full-time job, and she was extremely well organized about it. Each year she would knit twelve sweaters for those closest to her. She hadn't quite finished a sweater she was making for me the year she died, but she left instructions for someone else to complete it, and sure enough, there it was under my tree Christmas morning.

The point of all this is that I had to work at not feeling guilty about not making our Christmas as spectacular as my mother did. But once I realized it was okay to celebrate in my own way, I also felt an enormous sense of relief! Mother's job was Christmas gift giving. I had a different job to do.

Single parents in particular can be on an emotional roller coaster this time of year. Any advice?

No question about it, this can be a painful time for parents and children of divorce. But many, many children face the trauma of divorce and they do survive. Children are more resilient than we think! However, if a single parent is feeling depressed during the holidays, I think it's valuable for her to tell her children honestly how she feels. That way children know that they, too, are free to express any sad thoughts they may have. Single parents might also try to create their own unique holiday traditions that are different from the ones they followed when they were married. Nevertheless, the feeling of loss may remain, and it's all right to grieve about what's gone. It really is.

What are some other special gifts we can give our children?

I think the most precious gift parents can give is their time. Including our children in holiday preparations is important. Remember, though, that when you do, things don't always turn out perfectly; but that's okay, too.

Another wonderful gift is for parents to show children that the simple things are important. When your child gives you something he has made himself, that child feels he is giving part of himself. The adult who truly treasures these gifts is in fact treasuring the child and helping him to believe that what he gives—and what he is—has real value.

Many people give a gift of time to help those in their neighborhood who are less fortunate than they are, and those gifts have a way of unexpectedly blessing the giver. Whether it's serving Christmas dinner in a shelter for the homeless or bringing presents to youngsters in a hospital ward, children learn that Christmas is more than just what's wrapped up under the tree.

It may sound like a platitude and it may take a long time to learn, but the gifts of the heart are the gifts that really matter.

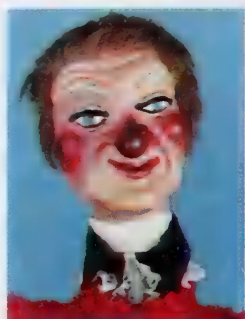
**TURN THE PAGE FOR LOTS OF THINGS TO DO
AND BAKE WITH YOUR CHILDREN, FROM YOUR
FRIENDS IN THE NEIGHBORHOOD**

what I like best about Christmas

In the Land of Make-Believe, each of the puppets represents an aspect of a child's personality. What do these whimsical characters like most about the holidays?

LADY ELAINE

Listen, toots, I like the whole holiday thing. I love all the activity, the way I keep going every minute. Some people think being so busy all the time is a way of covering up feelings. Could be—it's really not for me to say. Anyway, I must tell you that I love it all.



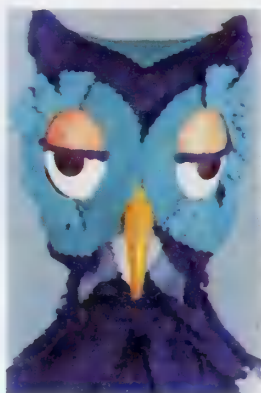
DANIEL TIGER

I like being with my friends, but every year I worry so much that I might not get them the presents they really want. What I really want is for my friends to want me just the way I am.



X THE OWL

I like to go for a good fly on Christmas, which I do all the time, of course. But since there is so much going on during the holidays, I need to do something that I do every day so I have a chance to feel like myself.



KING FRIDAY

I like any holiday because I declare it. I say what each day will be, and on Christmas I naturally expect everything.



kids' holiday activities

KIDS IN THE KITCHEN? OF COURSE! AT HOLIDAY TIME (OR FOR THAT MATTER, ANYTIME!), WHY NOT HELP THEM MAKE:

LADY ABERLIN'S POPOVERS

2 tablespoons butter, softened
1 large egg
½ cup all-purpose flour
½ cup milk
Pinch salt
Pinch nutmeg or mace

Preheat oven to 450°F. Generously butter 6 muffin-pan cups. In mixer bowl beat egg well. Add flour, milk, salt, and nutmeg or mace; whisk until blended. Spoon 2 tablespoons batter into each muffin cup. Bake 10 minutes. Reduce oven temperature to 400°F. and bake 10 minutes. Reduce temperature again to 350°F.

and bake 10 minutes more. Do not open oven door during baking. Serve popovers hot with butter and honey or jam. Makes 6 popovers.

CHEF BROCKETT'S SEASONAL SHAKE

1 cup milk
1 scoop ice cream
½ cup fresh or frozen berries or sliced banana

Place milk, ice cream and fruit in blender. Cover and process until shake is thick and creamy, no more than 5 seconds. Makes 1 serving.

Queen Sara's collage

Tear sheets of colored tissue paper into small pieces. Dip cotton swabs or small brushes into liquid starch or diluted glue and coat background paper. Arrange tissue paper scraps on the sticky paper. Add more starch or glue as needed, and continue arranging paper to make a bright collage.

Santa's beard

Start with an ordinary piece of typing paper. Leaving a two-inch band across the top, cut the rest into thin strips to make a fringe. Trim to fit your child's face. Fasten around head with elastic cord. Roll each strip in the fringe tightly around a pencil and then slip the pencil out of the roll to make curls. To make it fluffy, spread a thin coat of glue over fringe and stick on wisps of cotton.

Mr. McFeely's wrapping paper

Cut vegetables crossways, trace design on cut end and then carve around design. Pour a little paint into a shallow tray. Dip the cut end of the vegetables into paint and tap on heavy paper. (You could also use tissue or construction paper.) Use different vegetables to make designs of different shapes, textures.

The stands for oat bran.



Oat bran. That's what you've been hearing about. How important oat bran is for your diet. Cheerios is made from whole grain oats—with all the oat bran.

So tomorrow, get started with a breakfast that counts. Cheerios, the only leading* ready-to-eat cereal made with the nutrition of real oat bran.

**The only leading* ready-to-eat cereal
made from oat bran.**

HOT CELEBS OF THE YEAR



STAR OF THE YEAR

Cher: from Sonny to "Moonstruck"

■ She wears practically nothing to the Oscars, and we love her. Her bagel-making boyfriend allegedly mows down a photographer, and we forgive her. She says whatever is on her mind, no matter how impolitic, and we applaud her. She is Cher—and America is infatuated with her. *Moonstruck* not only earned her an Academy Award, it established her as one of the most important, serious actresses of our time—a superstar so luminous she's in a galaxy shared by few. And when was the last time you saw a great actress with a tattoo?

ACTOR OF THE YEAR

Tom Hanks makes it "Big"

■ In 1988, movies about precocious adolescents who—*presto!*—woke up one morning as thirty-five-year-olds were about as plentiful as presidential candidates. And most faded just as quickly. So what made *Big* one of the biggest hits of the year, while the other boy-meets-adulthood films (*18 Again!*, *Vice Versa* and *Like Father, Like Son*) flopped? The answer is simple: They didn't have Tom Hanks, the

current leading man of movie comedy. Imaginative, charming, beguiling, he didn't just act like a thirteen-year-old—he *was* a thirteen-year-old. Tom grew up fast, though. Shortly after completing *Big* and his recent film *Punchline* (with Sally Field), the thirty-two-year-old actor—who's being compared to such screen legends as Jimmy Stewart, Cary Grant and Jack Lemmon—married Rita Wilson, his co-star from his 1985 movie *Volunteers*. Naturally, they had a really big wedding!



EXTRATERRESTRIAL OF THE YEAR

What's it all about, Alfie?

■ Despite his hit TV show, ALF—that alien-about-town—is the last person (er, being...) you'd expect to become a national phenomenon. First, there's his looks—at three-foot-two and with orange fur and a gigantic snout, he's no Tom Selleck. Then there's his smart-aleck disposition and his rather unconventional eating habits—on his home planet of Melmac, ALF ate cats (although he points out that "since I landed on earth, I haven't eaten a single cat"). So go figure that this caustic furball from outer space would appear on this year's Emmy Awards. Or that



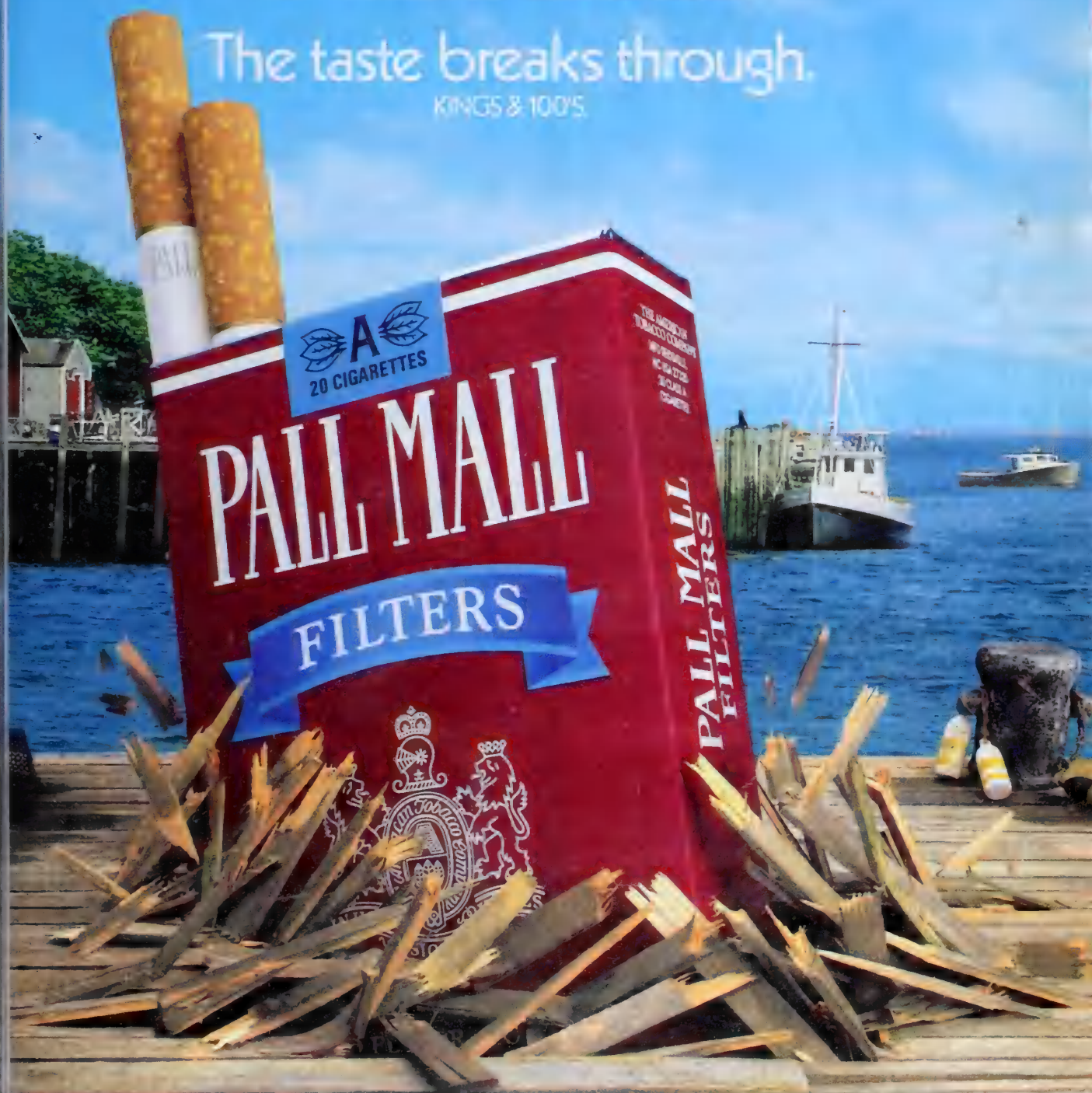
sales of ALF T-shirts, toys and bubblegum cards have soared to more than \$200 million. Or that a feature film about his life is being planned. So, ET, you'd better move over; in the world of intergalactic celebrities, ALF wins the competition by a nose—a very long nose.

By Eric Sherman

PALL MALL FILTERS

The taste breaks through.

KINGS & 100'S



SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.

16 mg. "tar", 1.2 mg. nicotine av. per cigarette by FTC method.

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HOT CELEBS OF THE YEAR



TOON OF THE YEAR

Roger Rabbit: Hollywood's hare-apparent

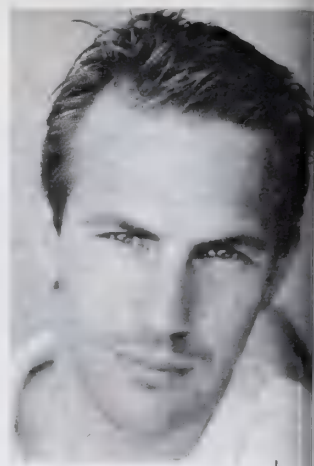
■ Name that Toon: He's adorable, he's courageous, he's got the biggest ears since Prince Charles. Just when you thought all Hollywood could do was churn out the same old boring movies about oversexed teens and undereducated musclemen, along comes a lovable bunny to put the bounce back into the film industry. *Who Framed Roger Rabbit* was not only one of the biggest hits of the year—it was also the most ingenious. Thank you, Walt Disney Company and Steven Spielberg—you wascally pproducer—for the best hare-brained scheme to come out of Hollywood in years!

HUNK OF THE YEAR

Kevin Costner: take me out to the ballgame

■ His first big-league love scene—a steamy back-seat encounter with Sean Young in *No Way Out*—sent women's hearts racing like Mario Andretti at the Indy 500. Then he seductively painted Susan Sarandon's toenails in the hit baseball flick *Bull Durham*, which surely must have helped boost sales of nail polish. (His character, Crash Davis, is a minor-league ballplayer who tells Sarandon that he believes in "soft kisses that last for three days.")

He didn't strike out, either with her or the millions of women sighing in theater audiences across the country. Now there's more good news for those of you who like seeing Costner in (and out of) uniform—he'll portray another baseball player in his next film, *Shoeless Joe*. Now the bad news: The thirty-three-year-old actor is—alas—happily married and the father of two daughters and a baby son, meaning that (sorry, ladies) the man who made a name for himself in *The Untouchables* is just that.



TV WOMAN OF THE YEAR

Jane Seymour: queen of the mini-series

■ Richard Chamberlain may be the prince. Jaclyn Smith is clearly a lady-in-waiting. When it comes to crowning the queen of the mini-series, the bouquet and tiara unquestionably go to Jane Seymour. The star of fourteen TV serializations—more than any other actor—the beautiful Englishwoman has had enough whirlwind twelve-hour TV romances to last a lifetime. This year alone she has played a diva (*Onassis: The Richest Man in the World*), a duchess (*The Woman He Loved*) and a detective's lover (*Jack the Ripper*). But what really won her the crown was her starring role in the biggest television production



ever—*War and Remembrance*. The thirty-hour, \$104 million mondo-mini, which began in November, was so gargantuan, the final installments won't be aired until the spring, meaning that the queen of the minis is sure to continue her reign well into 1989 (and that's not even counting the re-runs. . .).

Ho, ho, ho.



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HOT CELEBS OF THE YEAR

WHAT'S



MOM OF THE YEAR

A (tiny) new chapter in Camelot

■ The Democrats had better reserve space now on the speaking agenda of their convention in 2016: Another Kennedy has been born. On June 25, Caroline Kennedy Schlossberg, the thirty-one-year-old daughter of President John F. Kennedy, gave birth to her first child, Rose. Mom's had a busy year—in May she graduated from Columbia University Law School. Nevertheless, intimates say she's determined to raise her daughter in the same low-key way that she was brought up by Jackie O.

BOX-OFFICE CHAMP OF THE YEAR

Eddie Murphy: money changes everything

■ Eddie Murphy could release home movies of his trips to the dry cleaners and people would probably line up to see them. The seven films he *has* released so far—including two of this year's box-office champs, *Coming to America* and his much-maligned concert movie, *Raw*—have so far grossed more than \$1 billion, making him one of the richest entertainers

in Hollywood. (He reportedly gets \$8 million-plus per film.) What's next for the man whose nickname is "Money"? He'll be trading places on the set of *The Butterscotch Kid*, taking the director's chair for the first time. (The film stars his buddy and *America* co-star, Arsenio Hall.)



COMEBACK OF THE YEAR

Susan Sarandon: the eyes have it

■ For eighteen years, she hovered on the brink of stardom. (Remember *The Great Smokey Roadblock*? It's okay—no one else does either.) Even with her hypnotic doe eyes and energetic talent, she seemed destined to remain an A-level actress mired in B movies. But this year, after wowing ballplayer Kevin Costner in *Bull Durham* (and Don Johnson in *Sweet Hearts Dance*), she finally proved she's made it to the major leagues.



BABY OF THE YEAR

The littlest princess

■ "Dear Diary: Life so far hasn't been too bad. Mommy (they call her Fergie) and Daddy say I was born on the luckiest day of the century—8-8-88. I hear I'm the country's first princess to be born in thirty-eight years. But I simply must do something about this old-fashioned name they've given me—Beatrice Elizabeth Mary. Could you just die? Well, Dear Diary, it's time for my bottle, then more portraits. Oh, the life of a princess!"



Photos, clockwise from top left: New York Post, John Seakwood/Photo Fest, Joel Warren/Photo Fest, SIPA Press.

WHAT MAKES ME A LUCKY DOG?

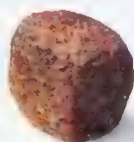


MY FAMILY
AND
MY LUCKY DOG

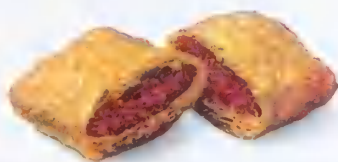
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chunks



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TRY MY
RECIPE



Helping pets live
longer, healthier lives[™]

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Why you should pay \$99 for a plaque-removing toothbrush.

1. Simply stated, plaque can cause gum disease and tooth decay. Every day it builds up on your teeth. So every day it should be removed.

Unfortunately, studies show that all too often an ordinary manual toothbrush just doesn't remove it all. But a state-of-the-art automatic toothbrush can easily leave your teeth nearly plaque-free.

2. Not only have clinical tests shown that the automatic toothbrush may be superior to any manual toothbrush, but dentists recommend them to their patients every day.

3. When you use an automatic toothbrush, you brush with the motion that dental professionals know works best. It reaches the tightest spaces between

teeth and out-of-the-way recesses under the gum line.

4. After brushing, your teeth will be thoroughly clean, probably for the first time. Because in the three minutes it takes to brush, the automatic toothbrush delivers thousands of gentle, rotating strokes, while manual brushing delivers fewer than 500.

5. The gentle motion of the soft, polished bristles actually helps promote healthier gums. And because they're soft, the bristles are easy on your gums and can't scratch enamel.

6. An automatic toothbrush is pleasant, even fun to use. So your children will be more likely to brush often and brush well.

7. It recharges itself automatically. So it's ready to remove plaque whenever and wherever you are.

8. And, of course, the price is a real eye opener.

\$99!
Usual Price
7PLAK®

A black and white photograph of a Water Pik automatic toothbrush. The toothbrush is oriented vertically, with the brush head at the top. A white price tag is attached to the handle, hanging from the neck. The tag features the text "\$39.95" in large, bold, handwritten-style font, with "Usual Price" written in smaller text below it. The brand name "Water Pik" is printed vertically on the handle. The background is a plain, light color.

Why you don't have to.

See reasons one through eight.

The Water Pik® Automatic Toothbrush

Fight plaque better every time you brush.





For easy Christmas decorations do something constructive



One of the things I love most about celebrating Christmas is the way the whole family gets involved in projects that are relaxing and fun, like decorating the home.

And one of the prettiest ways to decorate your home is with a gingerbread house.

Kmart has a terrific kit that explains how to build a gingerbread house step-by-step. It's so easy. Planning a design, cutting out the pieces and adding imaginative touches don't have to be done in a day, either. The fun is taking several days and sharing wonderful

moments like when everybody's working together to assemble the walls and roof. And best of all, after it's all completed and Christmas is all over, eating it.

And remember, having your gingerbread house come out perfectly is the least important aspect of building one. In fact, there's no flaw a little extra frosting can't fix.

Our December Kornerstone has more details on gingerbread houses and other decorations. Look for it in Kmart's Kitchen Korner which you'll find decked with all the utensils and products you'll need. And at prices that won't eat you out of house and home. Happy Holidays.

— Martha Stewart

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— L.H.F. —

Holiday Gift Guide

A Celebration of Great Gifts



A Gift Of Lasting Warmth. Thermax* For The Holidays.

Give a gift of warmth this year. With thermal underwear of Thermax*, Du Pont's high-performance thermalwear fabric. Uniquely designed to wick moisture away from your body. Keeping you warm and dry. That's why it's the choice of the National Ski Patrol, the Professional Ski Instructors of America and the USA Biathlon Team.

So give thermal underwear of Thermax* this holiday season. It could be one of the warmest gestures you make this year. For retailers nearest you, call 1-800-258-3900.

* Du Pont certification mark for fabrics.



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The Oster Kitchen Center Appliance is really five versatile food processing functions in one. You're actually giving an Osterizer blender, a food-processor, a continuous-feed slicer/shredder, a stand mixer and a dough maker. All run by the same powerful base unit. Give the Oster Kitchen Appliance for creative cooking.



Stetson Flits The Season

It's easy to wear... impossible to resist. And there's a whole Stetson Holiday Collection to choose from. Give him Stetson*.



WITH EPYX VCR GOLF, you'll play golf with the PGA pros on 18 of the world's greatest courses. Move from tee to green deciding how to play each shot. Choose a club card, roll the dice or watch the pros in over 200 PGA tournament highlights. It's the ultimate test of classic golf strategy. Tee off with Epyx VCR Golf.

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First Alert



THIS CHRISTMAS GIVE HIM OLD SPICE: men's favorite fragrance worldwide.

With Old Spice, you'll let him know he's someone special. He'll feel great wearing the cool, clean scent. Choose Old Spice Original, Musk, Lime and Leather scents, or new Fresh Scent. Also in handsome gift sets and decanters.

Old Spice



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look
pretty

feel
pretty

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Sofkins... Discover just how clean and fresh you can feel

Holiday festivities may pep up your social life, but they can demolish your diet. Our food sleuths point out when you're most likely to go astray

THE diet DETECTIVES

they never
take a holiday!

From the first forkful of candied sweet potatoes at Thanksgiving to the final glass of champagne on New Year's Day, the holiday season is one of nonstop food and drink. And as we all know, holiday gatherings are the acid test of our most determined weight-control efforts.

But family dinners, office parties and friendly toasts don't *have* to turn into extra pounds and inches. You *can* enjoy the season and still fit into that little black party dress. To prove it, *LHJ* sent sleuths out to track down dieters engaged in the most common food felonies. Then we contacted a panel of weight-loss experts to find out how to *stop* diet-defeating behavior *before* it starts. Their advice is sure to help keep you on the straight and narrow.

By Nelly Edmondson Gupta

CASE 1 ■ THE TIME ■ THE PLACE SNEAKY EATER 11:57 P.M. at the refrigerator

Ann was Spartan in public, refusing even one buttery Christmas cookie. But we caught her overindulging in high-calorie goodies when she thought no one was looking. "Many closet eaters have the irrational belief that food does a disappearing act in their bodies," says Francesca Casciaro, M.A., M. Ed., psychologist for the Diet Center West, in New York City. "When the scale registers a gain, the sneaky eater is shocked."



To overcome this unhappy pattern, the sneaky eater must first admit what she's doing and weigh herself often to catch gains while they're still manageable. And whenever you feel a snack attack coming on, get out of the kitchen. Find other pleasurable indulgences: Call a friend and make plans to go to the theater; go to an exercise class; buy yourself that gorgeous scarf you passed up while Christmas shopping for others. ►

CASE 2

FAST-FOOD FANATIC

■ THE TIME
2:30 P.M.

■ THE PLACE
Burger Heaven

We trailed Tanya all over town as she shopped for Christmas gifts. After fighting the holiday crowds, feeling famished and exhausted, she quickly polished off a big burger-and-fries lunch. She shopped some more, then picked up a box of crispy fried chicken and biscuits to take home. We gave her a speeding ticket and told her to slow down.

Tanya's choices were convenient, but no one needs all those calories. For quick, nutritious eating, take salt and fat out of fast: Lots of on-the-run eateries have salad bars (load up on leafy greens; steer clear

of bacon bits, cheese and creamy dressings). Too tired to cook when you get home? Zap a piece of fish in the microwave—it's done in three minutes flat.

CASE 4

RESTAURANT REVELER

■ THE TIME
8 P.M.

■ THE PLACE
Bistro Elegance

We spotted Francine ordering broiled fish and a plain salad. We cheered—until the food arrived drenched in butter and blue-cheese dressing. Instead of sending it back, Fran dug in. We showed her how to get tough. A person who views dinner out as a dietary Waterloo has one of two problems: Either she hasn't learned how to assert herself—when food ordered plain arrives swimming in sauce, for example—or she simply isn't committed to cutting calories. "If it's the latter," says Casciaro, I ask, "What if you were diabetic? Then you'd have to stick to your food plan."

If you're not ready to diet now, however, eat and enjoy. But prepare for a high-calorie meal in advance by having a light, nutritious lunch before going out on the town, then follow up by eating moderately the next day. Other smart restaurant strategies: Split an entrée or dessert with a friend, or ask for a doggy bag.

CASE 3

NUTRITION NUT

■ THE TIME
4 P.M.

■ THE PLACE
a health-food store

Still something of a flower child at heart, Jenny turns up her nose when friends pull out chips and dip. Instead she goes to the health-food store and virtuously stocks up on granola and honey-sweetened brownies. She can't understand why her chronic weight problem persists. "Get real, Jenny," we said. These snacks are just as fattening as any others.

"In order to trim down, Jenny must stop assuming that because a food is 'all natural,' it's a license to indulge," says Casciaro. "Nothing magical happens in a health-food store; you must read labels and become aware of the amount of fat and calories these items contain."

THE diet DETECTIVES

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The Little Pro.

It's a Cuisinart. Only smaller.



THE diet DETECTIVES

CASE 6 DAYTIME DIETER/ NIGHTTIME NOSHER

■ THE TIME
9:15 P.M.

■ THE PLACE
the office party

Like many of us, Wendy equates being good with abstaining from food all day. By nightfall, an "I deserve it" feeling wreaks havoc on her diet. Barbara Ecker Gordon, R.D., nutrition consultant for Weight Watchers International, points out that in addition to sabotaging the waistline, a starve/stuff pattern depletes energy—your body functions best when meals are spaced throughout the day.

The experts' advice: Eat lightly but sensibly on celebration days, and have a moderate-calorie, preparty snack, such as a small chicken sandwich. You'll consume fewer calories overall because your appetite will be in check.

To further bolster self-control, avoid baggy clothes; a trim-fit reminds you to get through the evening without having to loosen your belt!

■ Finally, the key to enjoying the holidays without gaining weight is to stick to your usual routine, plan ahead, eat smart and keep exercising. Don't let the holidays become more important than you! ■

CASE 5 ONE-OF-THE-GANG EATER

■ THE TIME
9 P.M.

■ THE PLACE
a friendly get-together

Sue's a victim of what's known as herd mentality: the belief that in order to fit in, she must do exactly as those around her do. Before she could load her plate *too* high, we stopped Sue and pointed out that she could take part in the festivities without blowing her calorie count. How? By sticking to simpler foods—having what the gang's having but skipping sauce and extras. If you entertain at home and someone brings over a delectable dessert, the response should be, "How thoughtful. I just ate, though, so I'm going to have it later." Or eat *half* a slice. And remember, it is okay to throw food away.

CASE 7 TIPSY DIETER

■ THE TIME
some enchanted evening

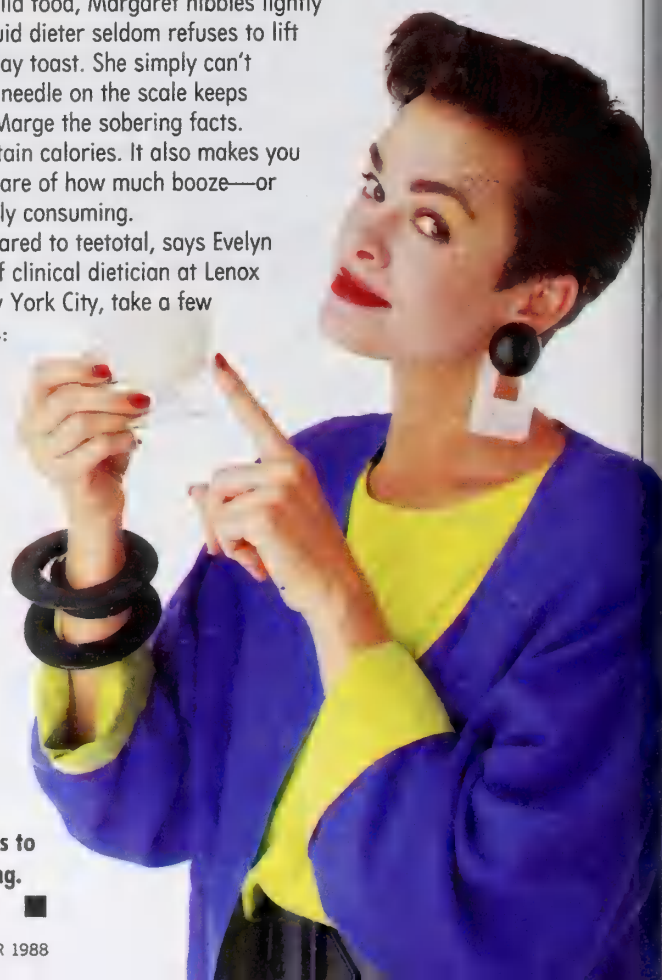
■ THE PLACE
a bar

When it comes to solid food, Margaret nibbles lightly if at all. But this liquid dieter seldom refuses to lift her glass for a holiday toast. She simply can't understand why the needle on the scale keeps edging up. We told Marge the sobering facts.

Alcohol does contain calories. It also makes you feel relaxed, less aware of how much booze—or food—you're actually consuming.

If you're not prepared to teetotal, says Evelyn Ebenstein, R.D., chief clinical dietician at Lenox Hill Hospital, in New York City, take a few sensible precautions:

Don't drink on an empty stomach; space drinks out—no more than one an hour; eschew sweet liqueurs—stick to dry wine or whiskey; and use low-calorie mixers such as mineral water, club soda, diet tonic or a splash of juice.



LOOKS SO DARK AND RICH, SHOULDN'T YOU SWITCH?

Each cup was made with the same amount of coffee. But not the same kind. Mountain Grown Folgers® dark, sparkling Crystals are the difference.





Crest. Because enamel is more precious than gold.

A cavity can cost you one of your most valuable possessions.

A healthy tooth.

That's why you should help stop cavities before they have a chance to start, by brushing with Crest. The toothpaste that, over the years, has helped prevent more cavities than all others combined.

Because every time you prevent a cavity, you're saving something more precious than gold.

A healthy tooth.

The dentists' choice for fighting cavities.



Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. © P&G 1988



the Evergreen

BY HOWARD NEMEROV

We light the tree tonight,
Encouraging the sun
To bring the world back up
Out of December's dark.

We do this every year;
Our homely miracle
Wrought out of strong good will
So far has never failed.

Nor may it ever fail,
This light that is sent forth
Whenever a child is born,
To burn the night away

And start in joy again
The story of the world;
Though knowing, as we do,
Its ending in grief and spring.

A poem written exclusively for *Ladies' Home Journal* by the poet laureate, the official poet of this country. Howard Nemerov is the author of twenty-five books of poetry, fiction and essays, and the recipient of numerous awards, including the Pulitzer. His most recent work is *War Stories: Poems about Long Ago and Now* (University of Chicago, 1987).



*We thought and the Reagan
family to give the national motto
during the holiday season
and thought to bring you*

Our last White House Christmas



As the President and First Lady prepare to celebrate their final holiday in the national spotlight, Nancy Reagan shares her memories—and sends a good-bye message to all Americans

What has been your happiest Christmas in the White House?

I can't really say that any one Christmas here at the White House has been better than any other. I do remember that our first Christmas, in 1981, was a time when I gave special thanks and prayers that my husband was alive and well after the assassination attempt earlier in the year.

Because that was our first White House Christmas, it was exciting and thrilling to be in the middle of all the glorious festivities, like the lighting of the tree on the Ellipse and the wonderful party for the children of foreign diplomats that has become a tradition at the White House. *(continued on page 208)*



CHRISTMAS

at our house

America's best-selling novelist has a brood of *nine* and a red-hot career, and she still manages to put together a glorious holiday for her family and friends. Celebrate with her—an LHJ exclusive



by Danielle Steel

Christmas at our house begins in September. I begin making lists, clipping out little ads and articles, eavesdropping on children's conversations about what they'd *really* like this year, and watching my husband's face when he sees something truly exciting. It begins with those endless lists, which then become all-day attacks on assorted stores. Record stores, toy stores, clothing stores, pet stores, men's stores, and antiques stores for those funny little odds and ends that make unforgettable, one-of-a-kind presents . . . and in sharp contrast: skateboard stores, for terrifying-looking stickers and "trucks" and boards—all the odds and ends with which I have become familiar but which I am still not entirely clear about. (One year I got my husband, John, turquoise suede high-top skateboarding shoes, so he would feel in harmony with his sons . . . and he has worn them!)

By October, the frenzy is in earnest. I have most of the shopping done, and then there is the endless sorting, figuring out, trying to remember what was for whom. My office, our bedroom and every inch of closet space becomes sacred.

But perhaps, in order to give you the true picture of Christmas morning, I need to go back to my childhood. My father was German, and to him Christmas was absolutely the most important day of the year. The holidays began with a solemn visit to my grandmother's house to trim her tree. As an only child and only grandchild, my expertise as a tree trimmer was greatly sought after. Then there was the baking and the presents. My father gave two huge Christmas parties every year, one on Christmas Eve, for all the people he knew who were alone and might be lonely, the second for married friends and their families. Both were festive, both were fabulous, and at each one, each person received a gift, not necessarily a large gift, but incredibly well thought out and personally shopped for. When my father asked you in December what you wanted, you knew he didn't mean *this* Christmas—he meant the next one.

It was amazing! The giving-ness of it, the loving-ness of it always touched me and everyone else. And more important than the gifts was the caring we felt, the warmth, the love, (continued on page 210)

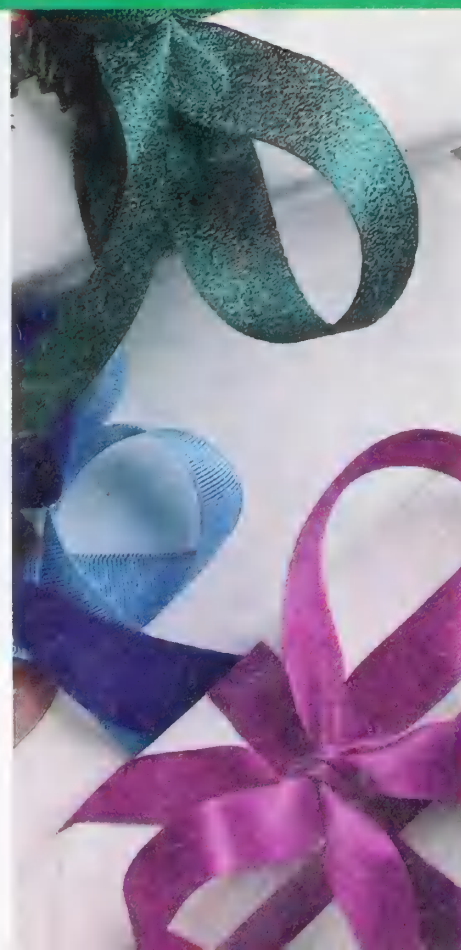


Photo of Steel, Roger Ressmeyer/Starlight; other photos, Aaron Reznay.





Norman Rockwell is still, ten years after his death, America's best known and most loved illustrator. LHM is proud to commemorate his work with these nostalgic pictures and a special memory of what Christmas was really like at the Rockwell house

Christmas

with my father

My father usually had two Christmases a year, the first in summer, the second with everybody else in December. In summer, usually during the dog days of July and August, he painted his Christmas pictures so that there would be time to reproduce them for the Christmas issues of *The Saturday Evening Post*. My brothers and I have startling memories of people dressed up in Santa suits wiping the sweat from their faces and drinking iced tea, and our mother hunting all over the house for Christmas wrapping paper in July. However, it never seemed to bother my father, perhaps partly because of his uncle Gil Waughlan.

"A stout old gentleman with round pink cheeks and a bald head, he was very jovial," my father described him in his autobiography. But he did have one eccentricity. He always got his holidays mixed up.

"One Easter Sunday," (continued)

BONUS: Frame this lovely Norman Rockwell print at right and add it to your collection of holiday decorations. (For best results, use a dark backing.)

By Tom Rockwell



Norman
Rockwell

Christmas

with my father



(continued) Dad remembered, "Uncle Gil arrived with his arms full of Christmas gifts while we were at church. Somehow he mistook the neighbors' house for ours and, creeping inside, hid the presents all over their house. When they returned from church, Uncle Gil was seated in an overstuffed armchair beside the fireplace in their living room, beaming with Christmas cheer. They didn't know what to make of the strange elderly gentleman who on seeing them began to puff and stammer and wave a bunch of Christmas cards about over his head. But finally Uncle Gil gasped out his name and they figured out his mistake."

Describing Uncle Gil, Dad also said, "He always had a kind of spirit of Christmas about him—jovial, warmhearted. But then he'd become quite bashful, all atremble to see whether I liked his present. I don't think I have ever enjoyed any gifts as much as I used to like his. So years later, in 1936, when I painted a *Post* cover of a small boy digging into the pockets of his grandfather's greatcoat in search of a present while the grandfather beams down at him, I was really painting Uncle Gil and the old-fashioned spirit of Christmas, which he always typified for me."

In fact, I posed for that painting [top left, page 152]. I can remember how hard it was to hold still while standing on tiptoe, reaching into the pocket of an overcoat hung on an easel. Afterward my father gave me a present for posing (he always paid his models), and I

don't think I've ever enjoyed any gift as much as that one. I can still remember walking back to the house from the studio—someone was holding my hand—clutching the gift and feeling so pleased and proud that I'd helped my father with his work. I was old enough to know how important that was to him, though I don't think I knew what "posing" was or understood that he was going to paint a picture of me or that he was famous.

Our real December Christmases were arranged almost entirely by my mother because my father was always so absorbed in his work. Before breakfast on Christmas day my two brothers and I would be allowed far enough into the dining room to take our three stockings down from the mantelpiece. Though we could see the glow of the Christmas-tree lights on the wall of the foyer to the living room, none of us really wanted to peek; we wanted to save that for later. While we emptied our stockings on the floor of the kitchen and *pretended* to eat breakfast, my father would *really* eat breakfast. Then we would all go into the living room, trying not to push each other, for that first glorious sight of the lighted Christmas tree with all the presents underneath. While we tumultuously opened our presents, scattering wrapping paper about as we jumped up to show the present to everyone, my mother would sit watching and my father would go about gathering up the torn paper and ribbons and cards. (He always needed to have something to do and so was always, as he used to say, "neatening up"; his studio was immaculate.) There were always some presents to us from him, though they had usually been bought by my mother; when we were older, we used to kid him about the wonderful sweater or book he'd picked out.

And then, after all the presents had been opened (including his to my mother and hers to him—we

**I was so
pleased and
proud
that I'd helped
my father
with his work**

always quieted down and solemnly watched them open theirs), while we began to build with our Lincoln logs or arrange our platoons of toy soldiers, my father would bundle up against the cold Vermont winter and tramp out through the snow to his studio to paint perhaps the spirit of summertime, a barefoot boy fishing from a log, or a little girl proudly returning from summer camp with bottles full of beetles and worms and turtles. ■

More of Tom Rockwell's memories are included in the new edition of *NORMAN ROCKWELL: MY LIFE AS AN ILLUSTRATOR* (Abrams, 1988).



You don't need a collar to need Wisk.[®]



Wisk gets ring around the collar and your whole wash clean.

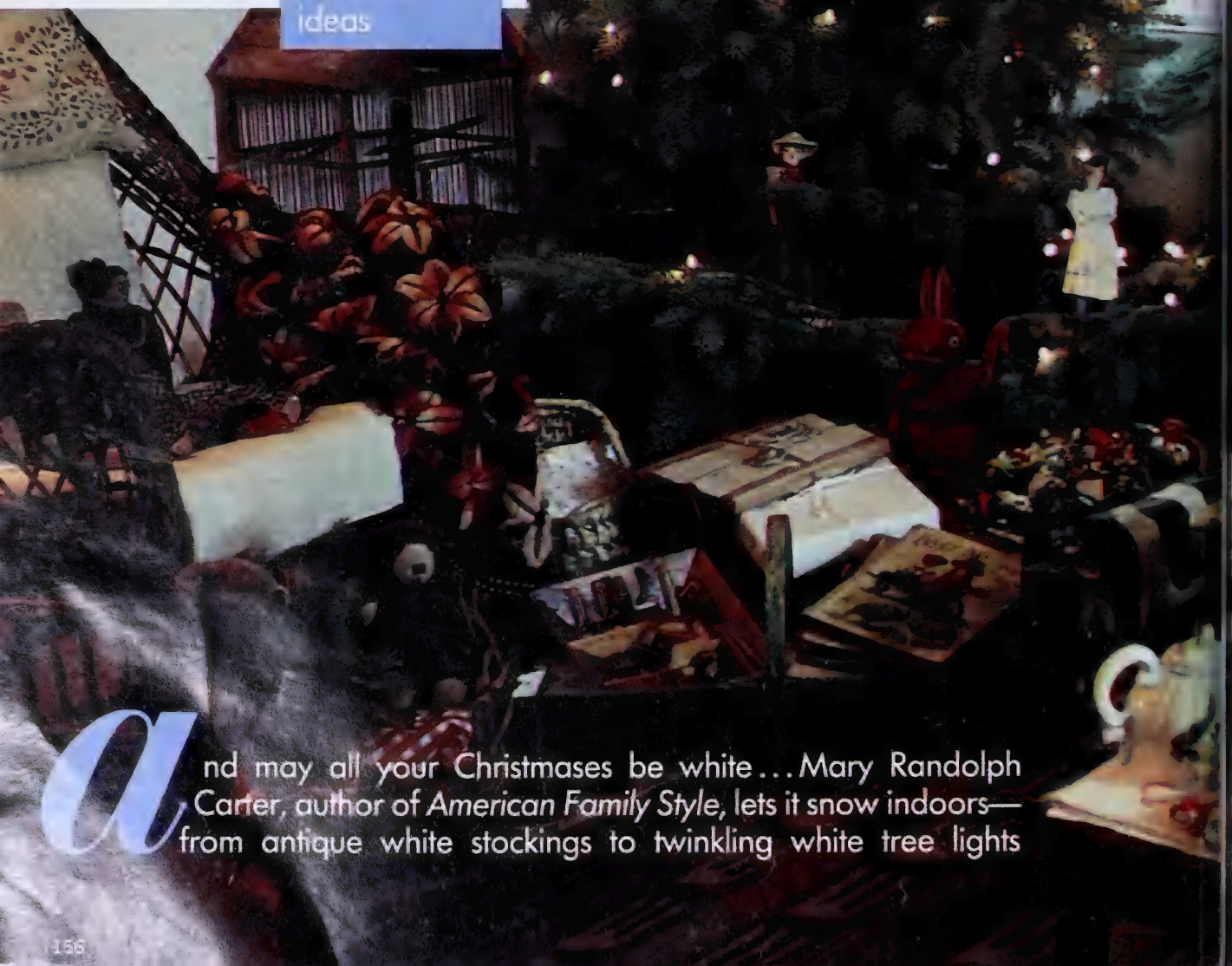
DECK THE HALLS

with
country
charm

Three of
America's
best
designers
share their
special
Christmas
ideas

silent night

For a cozy Christmas Eve: A blue spruce simply arrayed with lights and playful Mexican folk dolls (a flea-market find) and topped with a walnut doll couple finding comfort in a real bird's nest. The greens on the mantel are from the tree; cinnamon sticks are tucked in for a heavenly fragrance.



*a*nd may all your Christmases be white... Mary Randolph Carter, author of *American Family Style*, lets it snow indoors—from antique white stockings to twinkling white tree lights

By Marilyn
Diane Glass
Decorating
and Design
Editor



ot a creature was stirring... A simple country setting gives holiday trimmin' the spotlight—quaint twig wreaths, a cow adorned with a sprig of blue spru



Jingle all the way

Above: Five jolly cranberry-strung wreaths hang above a fireplace large enough for Santa and all of his reindeer! The breakfast table is spread with morning treats just waiting for a hungry clan. At right: Any favorite collectible can be a holiday centerpiece; a wooden cow wearing a wreath celebrates the Christmas spirit.





"cookies" at top
perfect for hanging
throughout the house.
You want to have a
Christmas, too,
wrapping presents
white cotton, white
paper, muslin
burlap, all tied up
a variety of
es. Popcorn gar-
fit the white
e wonderfully—
them all over!

rich red day's Christmas—why not top last packages with colorful red ribbons? Another engaging idea: dress up a stack of coffee-table books with a big bow. What makes this tree so breathtaking? A combination of antique ornaments and hand-painted decorations.

for-la-la-la-la

On the first day of Christmas... Holiday style in the Hampton home features a magnificent tree chock-full of homemade ornaments



DECK THE HALLS

**with
classic
style**

Designers
Mark
Hampton
and Bunny
Williams of
Parish-Hadley
trim the
traditional
way

brought to you by

With greenery you can turn any corner into a festive focal point. Here, a lush garland of greens frames a painting. Inexpensive red velvet bows anchor the corners, add a dash of color. Candles and red flowering plants complete the truly splendid look.



tis the season to be jolly... Bunny Williams's fanciful ideas, opposite, are a visual salute to the season: a mini-tree, a festive centerpiece of pinecones...



: Set a holiday table in the green
e! Notice how the ivy surrounding the
mas pie echos the ivy on the napkins.
Christmas trees make any room in your
merrier. Here's how: Buy a Styrofoam
from a florist. Insert boxwood clippings
(available from your florist) into the
foam and trim to proper shape. Embel-
with dime-store pearls and any tiny
ments you choose. Details, page 196.



DO YOU REMEMBER WALKED ACROSS Y

Putting down
a new carpet can
put you on edge.

You love it. But
you're almost fright-
ened to walk on it.

Every step feels like
a balancing act. Worried
about the first little spill, the
first footprint that could
ruin the whole thing.

A new personality
seems to take over you.

"That's it, the
living room is out
of bounds to
the children
from now on."

"I don't care who you are,
everyone takes off their shoes

in this house."

"And by the way, the dog stays
where he belongs. Outside."

Suddenly the carpet on your floor
is constantly on your mind.

DO YOU REALLY HAVE TO WORRY THAT MUCH?

No. Of course you don't.

Times have changed and so have
carpets. Now there's a whole new
generation of carpets from Allied
Fibers. They're called Worry Free.®

Because as you might have
guessed that's exactly what they are.

NO MORE WORRIES ABOUT STAINS.

Needless to say, one
the things people worry

about most
are stains.

After a
spills or
have a
way to go

Down. So we've developed
fiber that resists just about
every household spill.
Because the stain resistance
in Worry Free carpets
actually built into the fiber.

And most stains will come
up with a dampened
sponge.

So you won't be able
find a more stain-resistant carpet,
matter how hard you look.

NO MORE WORRIES ABOUT WEAR

Worry Free carpet is more than just
stain resistant though.

It also resists the one thing that
lands on carpets most. Feet.

Think about how many miles peo-
ple will walk over your carpet during
lifetime.

And then you'll understand why
we spent years developing a carpet that
can really stand up to the kind

IT'S MORE THAN JUST STAIN RESISTANT, IT

THE FIRST TIME YOU R NEW CARPET?

ishment that even the heaviest-footed
ily can dish out.

NO MORE WORRIES ABOUT SOILING.

Shoes are made for walking. And
brings home another problem.

Soil and dirt. Even the most careful
ple tread it in. And it can gradually
l the look of your beautiful
carpet.

Worry Free carpet
o good at
esting

the care or cleaning of
a Worry Free carpet,
our experts are
ready to help.
Just call.

soil and household
dirt, that we're the only
major fiber manufacturer to
r a warranty against it.*

ANY OTHER WORRIES?

"Can I buy Worry Free carpet in
of colors?"

Yes. Thousands. In different kinds
iles. In all kinds of grades.

"Does Worry Free carpet have a
y-free warranty?"

Yes. We think it's the most com-
prehensive you'll find.

With a five-year guarantee against
er, soiling and stains that other stain-
tant carpets don't cover.

"Is there anyone to help once the
et has been installed?"

Yes. If you have any concerns about

TALLY WORRY FREE.™

DON'T WORRY ABOUT FINDING WORRY FREE CARPET.

You'll find Worry Free carpet at
most quality carpet and retail stores.

They'll show you just how beauti-
ful this practical carpet is. For more
information, call toll-free 1-800-992-9014.

Or fill in the coupon and find out
how worry-free buying a Worry Free
carpet can be.

Send to: Worry Free Carpet
Department #110CC
25 West Long Lake Road
Suite 101, Bloomfield Hills, MI 48013

Name _____

Street Address _____

City _____

State _____

Zip Code _____



*See warranty
for complete details.

Imagine being the guest of honor for Christmas tea at Buckingham Palace or dancing New Year's Eve away with a movie star! Actress Mariette Hartley (whose film *1969* was released last month) came up with ideas for the parties we'd all like to go to,

COME TO A party

and we dressed her up for each event in fabulous style!

Holiday tea with Queen Elizabeth

For sipping tea with Her Majesty, a proper suit is key. Mariette looks regal in a shapely taxi-yellow suit by OMO Norma Kamali. Black accessories add sophistication. The royal touch? A fur muff!



*Fergie's
popping by
with baby Bea?
Jolly good,
ma'am*



Pocket square, Debra Moises; earrings, Wendy Gell; muff, Lenore Marshall; Queen's glove, LaCrasia; bracelets, Kenneth Jay Lane; cup and saucer, Fortunoff; teapot, Macy's.

TRIMMING
THE TREE
WITH
THE
TRUMPS

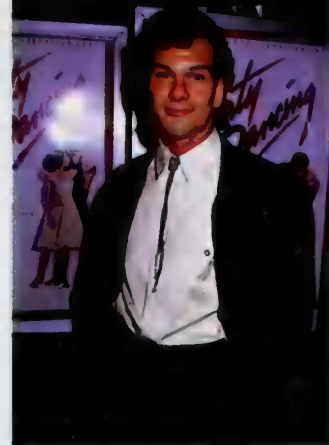


*Oh, Donald—
you bought
the kids blocks?
Fifth Avenue
and Rodeo Drive?*

W

hen you're hanging holly with the champagne-and-caviar set, you simply have to be chic. Mariette looks frankly swank in always-elegant-for-evening black and white. We love her fashionable high-waisted wool-crepe trousers (yes, trousers are fine for a fancy do as long as the fabric is dressy) teamed with an ivory bodysuit, both by Donna Karan.

*I think I've got the
hang of it now,
Patrick... one, two,
cha cha cha!*



She could have danced all night... and you would, too, if you were mamboing with the oh-so-sexy Swayze. Mariette boogies to the beat in a sultry strapless black satin number by OMO Norma Kamali. The bustier-style dress laces up the back—we added a crinoline under the skirt for more party pouf. Black hose and heels complete the look; lime green gloves give after-dark spark.

Crinoline, Betsey Johnson; gloves, LaCrasia; scarves, OMO Norma Kamali; earrings, Mishon Mishon.

*New Year's Eve
with Patrick Swayze*

**But best of all is
being with the
family**

It's fun to imagine partying with the rich and famous, but wouldn't we all rather be with our loved ones during the holidays? Meet Mariette's clan, the Boyrivens (from left): daughter Justine in a velvet skirt and bolero; mother-in-law Jacqueline looks chic in an emerald suit; husband Patrick sports a navy jacket and khakis; Mariette models a cropped jacket and pleated skirt; son Sean wears jeans and a crested sweater. All clothing, Macy's.





party goods

■ Smoky eye pencil or pen for emphasis
 ■ red lipstick for a sexy mouth ■ pastel face powder for glow
 ■ glitzy earrings for sparkle ■ something red for cheer. All make-up details, page 196.

Want to look fabulous at holiday fetes without a lot of fuss? We found the five easy pieces that give everyone no-fail glamour! Here, six women get gorgeous with the help of beauty experts

Rex and Stephane Lempire

dazzling



"What type of makeup will take me from the office to cocktail and dinner parties?" asks Elaine Korn, thirty-five. TIP: Powder blushes and shadows are long-lasting, need minimal retouching. Makeup, Ultima II.

THESE PUTTIN'-ON-THE-RITZ TIPS WORKED MARVELOUSLY FOR OUR MAKEOVERS AND CAN WORK FOR YOU, TOO, NO MATTER WHAT YOUR COMPLEXION, AGE OR BEAUTY ATTITUDE.

dramatic eyes can be yours with pencil liner. Choose navy, brown or plum pencil, and line outer two thirds of eye above and below to form a sideways V. Smudge upper line down into lashes, bottom line toward inner eye. (Felt-tip liner pens offer more definition but are for smooth lids only.)

lush eyebrows are the trademark of eighties beauty. Beef them up the expert way: Brush up and fill in, stroking up lightly with pencil. Fan inner corners of brows toward bridge of nose. Brush up again. Trick: Dab clear hair gel on brow brush to fix.

flirty lashes require three to four thin coats of black or dark brown waterproof mascara for maximum definition. Let lashes dry between coats.

**By Lois
Joy Johnson
Beauty and
Fashion Editor**



"I'm not comfortable wearing a lot of makeup," says Rita Waterman, forty-six. TIP: Blend makeup twice for a natural but get-noticed look. Makeup, Max Factor.



MAKEOVERS

dazzling MAKEOVERS



"Without makeup, I look fourteen. What will give me more sophistication this season?" asks Marcia Sherrill, twenty-nine. TIP: Rim inner and outer lids with soft, dark pencil for grown-up eye allure. Makeup, Elizabeth Arden.

fresh, healthy-looking skin is a snap with pastel-pink face powder in loose or pressed form. It's more natural than liquid underbases or lots of blusher.

sexy red lips are your ticket to P.M. glamour. How to select your best shade? Orange-red for yellow-toned skin; blue-red for blue/pink tones; brown-red for red-heads; rosy red for pink tones and fair-haired older women; burgundy-reds are only for younger women with blue/pink skin tones.

smooth lips with lip balm before applying attention-getting color. If lips are dry or crack easily, try a hydrating lipstick or a glossy lip pen, such as Lancôme's Pinceau Rouge Designer Brush-On Lip Colour.

camouflage under-eye bags and circles with concealer. Use one shade lighter than skin tone for circles, one shade darker to hide bags. Pat on with pinkie.

glittery or bright eye-shadow looks dated and is aging. If you love shadow, pick a matte, neutral-hue powder that works with everything.



"I don't have time to try new looks—give me one quick idea that will spruce up my holiday style," says Quenna Moore, twenty-four. TIP: Pull hair into a chignon so eyes and lips stand out. Makeup, CoverGirl.





STYLING: BRILL MILNES
HAIR: DON GIOVANNI

She's got Opera Legs.™

INTRODUCING
SILKEN MIST.®



Inspired by Sheer Elegance.® But even sheerer. Silkier. New Silken Mist pantyhose. In seven dramatic shades.

EMPIRE. WEAR FOR YOUR WORLD.™

dazzling MAKEOVERS



"Holiday time knocks me out. How can I look raring to go when I'm really pooped?" asks Audrey Johnston, forty-three. TIP: A bright lipstick is the fastest way to energize and add glamour. Makeup, Maybelline.

rev up skin after an all-day shopping spree or a long night of partying by boosting moisturizer, especially around eyes and mouth—try Neutrogena Eye Cream. Go easy on eye makeup, intensify the color on your cheeks and lips.

polish nails in minutes with a fast-drying enamel. Brush on red for a classic look, bright pink or orange for a trendy tone. Try CoverGirl One-Coat Nail Color in Frankly Scarlet or Pink Champagne.

luxurious locks don't require a salon visit. In fact, a new do at holiday time could spell disaster. Three scissors-free volumizing tips: Add mousse or styling lotion to the roots of towel-dried or finger-scrunched hair for volume and movement; blow-dry hair upside down; pull hair back softly with a big bow or a taffeta rosette.



"Don't you need perfect lips to wear red lipstick?" asks Mary Morgan, thirty-five. TIP: Every mouth can have a sexy shape; round the contours subtly with lip pencil before applying lipstick. Makeup, Revlon.



speedy late-afternoon touch-up: Take off all traces of blush and powder with premoistened remover pads and apply fresh color. Redefine eyes with pencil; smudge and blend well with a cotton swab.



Carefree
PANTY SHIELDS

*Fresh Dressed Every Day
Because You're A Woman
Every Day.*

Carefree

Delight guests
with to-die-for
desserts: rich
Chocolate-
Chestnut Roll,
heavenly Baked
Alaska adorned
with berries



The spread

Elegant appetizers, far
right: Rosettes of
Smoked Salmon on
Cucumber, Crab Cakes
with Celery
Rémoulade and Creole
Mustard Sauce, Trio of
Caviars with Sour
Cream, and Mini
Wreaths with Goat
Cheese. The main
course (left): Filet
Mignon with Sauce
Poivrade, Cranberry
and Beer Chutney,
Potatoes au Gratin
with Wild Mushrooms,
Caesar Salad, and
Pickled Shrimp with
Julienned Vegetables.



New Year's Eve

in the Rainbow Room



The glamorous thirties are back again in New York's recently revamped Rainbow Room, complete with a glittery decor, a magical skyline view and a sumptuous menu. But you don't have to visit the Big Apple to sample this fabulous fare. The chef created a buffet for sixteen so you can serve a dazzling New Year's Eve dinner at home! Recipes, page 188.



*The
easiest*

*Christmas
cookies ever!*



Photo: Irwin Horowitz; style: T. Williams; Yvonne McElroy

■ So you're too busy to bake batches of beautiful cookies this season? Nonsense! We'll let you in on a secret: Our fabulous bells, stars and Santas are created from just four simple doughs! Recipes, page 199 ■ *By Jan T. Hazard, Food and Equipment Editor*

Home Sweet

the houses that cookies built

Gather your little carpenters and masons to help you build a charming château or an adorable, edible neighborhood! Our lovely lodges make delightful centerpieces and are surprisingly easy to construct. The materials? Cookies, crackers, candy, nuts—no baking necessary! For instructions, turn the page. *By Susan West*



little
brick
bungalow

Home

quaint
country
cottage



snug
Swiss
mountain
chalet

Home Sweet Home

... there's no place like it for the holidays. Our cookie houses are so easy, you can make all four in the time it would take to bake and piece a gingerbread house! Here, instructions for our charming village, pictured on the previous pages.

EQUIPMENT

Graph paper
Pencil
Lightweight cardboard
Scissors
15x12½-inch rectangle of foamcore board for each base
Serrated knife
Ruler
Containers with tight-fitting lids
Small metal spatula
Small artist's brush
Toothpicks
Pastry bag with assorted tips

WHITE DECORATIVE ICING

- 3 large egg whites
- ½ teaspoon cream of tartar
- 1 box (16 oz.) confectioners' sugar

In large mixer bowl beat all ingredients until smooth and thick, about 7 minutes. Store in tightly covered container up to 5 days. Makes 3¼ cups.

Note: Icing may be thinned with a little water for spreading over large areas. Add more water for painting surfaces.

BEFORE YOU BEGIN

- Read through entire recipe.
- Make White Decorative Icing one recipe at a time. If it separates, whisk until blended. If too thick, thin with water. If too soft, add confectioners' sugar.
- Use icing to glue pieces or decorations.
- Structure will be stronger if allowed to dry in stages.

LITTLE BRICK BUNGALOW

- 2 recipes (6½ cups) White Decorative Icing (recipe above). Tint ½ cup with ¼ teaspoon Leaf-Green paste.

From 3 packages Stella D'oro bread sticks:

- 19 whole bread sticks (front and back walls, roof support)

- 16 bread sticks cut to 4½-inch lengths (side walls)

- 2 bread sticks cut to 5¼-inch lengths (roof support)

- 2 bread sticks cut to 4¼-inch lengths (roof support)

- 2 bread sticks cut to 3¼-inch lengths (roof support)

- 8 Walkers Shortbread Sticks (stone foundation)

- 12 Peek Freans Petit Beurre biscuits (doors and steps)

- 12 Social Tea biscuits (windows)

- 2 mini red gumdrops (door knobs)

- 1 pound red pistachios (bricks)

- About 34 Stella D'oro Mini-Puffs or round gumdrops (roof support decoration)

- 2 red gumdrop hearts and 4 green gumdrop

leaves (roof support decoration)

- 10 Wasa crackers (roof)
- 1 box Wheat Thin crackers (roof tiles)
- 2 tablespoons red-hot hearts (roof decoration)

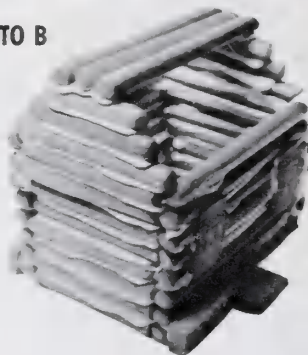
Fill pastry bag fitted with #8 plain tip with white icing. Form rectangle using 2 whole and two 4½-inch bread sticks as shown in photo

A. Glue to foamcore board with icing. Build front, back and side walls 3 more sticks high. Let dry 3 hours or overnight. Build up 4 more sticks high. Let dry.

Glue one 5¼-inch stick, one 4¼-inch stick and one 3¼-inch stick to the top of one side wall. Repeat on other side. Then glue 3 remaining whole sticks on top as shown in photo B. Let dry.

Glue shortbread sticks around house for stone foundation, allowing space on front

PHOTO B



and back for steps (see photo C). Trim 4 Petit Beurre biscuits so they stack in stair-step fashion. Glue to front of house. Repeat for back of house. Glue on 2 biscuits for doors. Glue on 6 tea biscuits for windows. Let dry.

Meanwhile, decorate 2 remaining Petit Beurre biscuits for doors and 6 remaining tea biscuits for windows as pictured (see page 180). (These will be attached to the doors and windows in place on the house later.) Let dry.

To glue nuts to sides of house, generously ice over bread sticks, and working from bottom up, gently press in nuts just enough for them to stick. On side walls brick only up to

PHOTO C

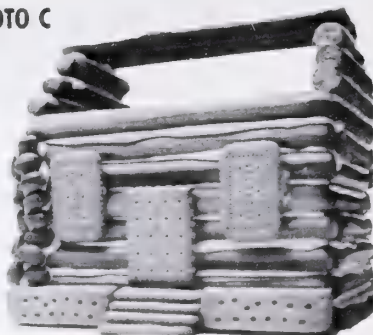


PHOTO A



triangular roof support. Let dry.

Glue on decorated doors and windows. Fill pastry bag fitted with #2 or #3 tip with white icing; pipe around nuts for mortar. Let dry.

For roof, glue 4 Wasa crackers vertically, side by side across open area. Glue remaining 2 crackers flat across top over bread sticks. Let dry.

Ice triangular roof support and decorate with Mini-Puffs or gumdrops and gumdrop heart and leaves as shown.

Starting at lower roof edge, attach Wheat Thins in rows for tiles, overlapping each row. On top of roof glue 2 rows of 7 Wheat Thins each, laid flat. Let dry.

With white icing and pistachios build chimney on roof. Let dry. Pipe mortar around nuts. Pipe around doors and windows with white icing. Zigzag white icing on roof edges and front for snow on tiles as pictured. Glue red hearts across roof peak.

COZY LOG CABIN

- 2 recipes (6½ cups) White Decorative Icing.

Tint 1½ cups with 1 teaspoon Red-Red paste and ½ cup with ¼ teaspoon Leaf-Green paste.

- 2 to 3 packages (29 whole bread sticks) Stella D'oro bread sticks (walls and top of roof)

- 12 Wasa crackers (roof support and roof)

- 2 Finn Crisp crackers (roof support)

- 5 Wheat Thin crackers (windows)

- 2 Peek Freans Petit Beurre biscuits (doors)

- ⅓ box (10 oz.) pretzel sticks (window and door decoration and roof)

- ½ pound natural pistachios in shell (chimney)

- 8 mini candy canes (roof decoration)

- 2 red gumdrop hearts and 2 green gumdrop leaves (above-door decoration)

- 2 tablespoons red-hot hearts (roof and door decoration)

Other gumdrops and candies (decoration for side walls)

PHOTO D



Fill pastry bag fitted with #8 plain tip with white icing. Form square with 4 whole bread sticks with ends abutting alternately as shown in photo D. Glue to foamcore board with icing. Stack second

layer of bread sticks, alternating abutting ends in log-cabin fashion (see corners in photo F). Build walls 2 more sticks high. Let dry 3 hours or overnight. Build up 3 more sticks high. Let dry.

Meanwhile, to make roof arrange 3 Wasa crackers side by side lengthwise. Glue fourth Wasa cracker horizontally across other three to brace as shown in photo E. Repeat with 4 more Wasa crackers. Let dry flat.

Draw log cabin roof support pattern (see photo F) on graph paper. Trace on a sheet of lightweight cardboard; cut out. Place pattern on a Wasa cracker and with a serrated knife cut cracker according to the

PHOTO E





Pumpkin Pie. HOMEMADE WITH LOVE.



You can taste all the love you bake into a Libby's Pumpkin Pie.

It's delicious and so easy to make with the recipe below using Libby's Pumpkin and Carnation Evaporated Milk.

LIBBY'S FAMOUS PUMPKIN PIE

2 eggs, slightly beaten
1 can (16 oz.) Libby's® Solid Pack
Pumpkin

$\frac{3}{4}$ cup sugar

$\frac{1}{2}$ teaspoon salt

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{4}$ teaspoon ground cloves

$1\frac{1}{2}$ cups (12 oz. can) undiluted

Carnation® Evaporated Milk

1 9-inch unbaked homemade pie
shell with high fluted edge

Preheat oven to 425°. Mix filling ingredients in order given. Pour into pie shell. Bake 15 minutes. Reduce heat to 350°; continue baking 45 minutes or until knife inserted near center comes out clean. Cool completely. Garnish, if desired, with whipped topping. Makes one 9-inch pie.



If it doesn't say Presto®, it can't do the magic.

Presto invented the magic that makes deep frying fast, easy and delicious. They call it Presto® FryDaddy® electric deep fryer.

Cups of oil, instead of quarts. Heats fast, holds the perfect frying temperature automatically. No guessing, no controls to set,

no lights to watch. A handy scoop, not a messy, drippy basket. No-stick finish inside and out. Just wipe clean. Snap on lid stores oil to use again and again. Get some Presto magic and make great, crisp, deep fried food appear. **PRESTO®**



The three and only...

HOME SWEET HOME

continued

tern. Repeat with 3 remaining Wasa crackers. Glue short sides of 2 roof support walls together; glue to the top of 1 wall. Glue a Finn Crisp cracker on inside to support as shown in photo F. Repeat on opposite wall. Let dry.

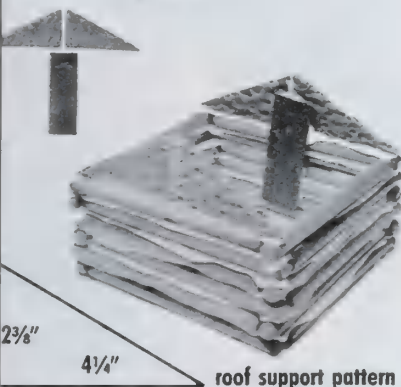
Decorate 5 Wheat Thins for windows and 5 Petit Beurre biscuits for doors (see page 181). Let dry.

Glue 2 roof sections to cabin, icing sides and four edges to secure. Let dry.

Glue triangular roof support walls. Ice one side section at a time and press in 2 vertical lines of pretzel sticks. Attach remaining side stick across peak of roof. Let dry.

Build chimney by attaching pistachios to side of cabin with icing. Build in 2 sections, allowing chimney to dry between sections. Let dry completely. Fill pastry bag

PHOTO F



ed with #2 or #3 tip with red icing; pipe and nuts for mortar.

Glue on windows and doors. Glue candy eyes to roof as pictured, trimming ends if necessary. Cut a green gumdrop leaf in half crosswise. Glue above door with red gumdrop heart. Repeat for back door. Pipe zig-zag around roof edges for icicles. Attach red hearts across roof peak and other gumdrops candies to roof support walls. Let dry.

CHALET AND COTTAGE

The main structure for the wood chalet and thatch cottage is the same.

Recipes (6 1/2 cups) White Decorative Icing (see page 182). Tint 1/2 cup with 1/4 teaspoon Leaf-Green paste.

Dark rye or extra-fiber Wasa crackers (walls and roof)

Finn Crisp crackers (roof support)

Stella D'oro bread sticks (roof support)

WOOD CHALET DECORATIONS

6 boxes Finn Crisp crackers (siding)

6 arrowroot biscuits (windows)

6 Petit Beurre biscuits (windows)

6 Petit Beurre Fruit Cremes (rosette windows)

6 Petit Beurre Nice cookies (doors)

6 large sea or ocean crackers (roof tiles)

6 green peppermint sticks (corner decoration)

6 red peppermint candy sticks (roof decoration)

6 red gumdrop hearts (door and roof decoration and chimney)

Silver dragées (door and window decoration)
About 32 Goldfish crackers (roof decoration)

1/2 cup Cheerios (roof decoration)

4 Stella D'oro Mini-Puffs or round gumdrops (roof support decoration)

THATCH COTTAGE DECORATIONS

32 Triscuits (siding)

5 arrowroot biscuits (windows)

4 Social Tea biscuits (doors)

60 of the largest Ritz Bits crackers

6 Fig Newtons (steps)

1 box oyster crackers (stone foundation)

36 Frosted Mini-Wheats (roof thatch)

2 red gumdrop hearts (door decoration)

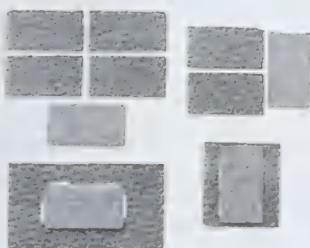
2 mini green gumdrops (door knobs)

1/2 cup Cheerios (roof and door decoration)

4 round peppermint candies and 14 green jelly beans (roof support decoration)

To build front wall arrange 2 Wasa crackers side by side horizontally; arrange 2 more side by side vertically. With white icing glue a fifth Wasa cracker horizontally across other four to brace as shown in photo G. Repeat with 5 Wasa crackers for back wall. For side wall arrange 2 Wasa crackers side by side horizontally; glue third Wasa cracker vertically across other two to brace as shown in photo G. Repeat with 3 Wasa crackers for second side wall. Let dry flat.

PHOTO G

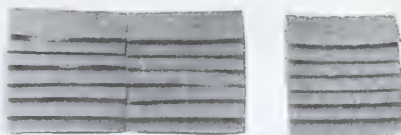


To apply siding, turn walls over, braced side down. Front and back walls will need further support to distribute weight evenly and prevent cracking. Place an extra Wasa cracker horizontally under each end of front and back walls while working.

CHALET WOOD SIDING: Working from bottom, glue 7 Finn Crisp crackers to a side wall overlapping as shown in photo H. Repeat on second side wall. On front and back walls glue 2 rows of 7 Finn Crisp crackers side by side in same manner. Let dry.

CHALET WINDOWS: For each window, glue an

PHOTO H



arrowroot biscuit to a Petit Beurre biscuit. Decorate windows and doors as pictured (see page 181). Decorate sides of fruit cremes as pictured for rosette windows. Let dry. With Finn Crisp crackers slanting down, attach biscuit windows and doors to walls. Attach a rosette (continued)



Pumpkin CHEESECAKE BARS HOMEMADE WITH LOVE

1 cup all-purpose flour	3/4 cup sugar
1/3 cup packed golden brown sugar	1/2 cup LIBBY'S® Solid Pack Pumpkin
5 tablespoons butter, softened	2 eggs, lightly beaten
1/2 cup finely chopped pecans or walnuts	1 1/2 teaspoons ground cinnamon
1 package (8 ounces) softened cream cheese	1 teaspoon ground allspice
	1 teaspoon vanilla extract

Combine flour and brown sugar in medium bowl. Cut in butter to make a crumb mixture. Stir in nuts. Set aside 3/4 cup mixture for topping. Press remaining mixture into bottom of 8 x 8 x 1 1/2-inch baking pan. Bake in preheated 350°F oven for 15 minutes. Cool slightly. Combine cream cheese, sugar, pumpkin, eggs, cinnamon, allspice and vanilla in large mixer bowl. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake an additional 30 to 35 minutes. Cool before cutting into bars. Makes 32 1 x 2-inch bar cookies.



It's in every delicious bite.

In just minutes you can make this Creamy Chicken and Bows.

2 Tbsp. butter or margarine
8 oz. boneless chicken
breasts, cut into strips
¼ cup chopped red pepper
½ cup frozen peas
½ cup grated Parmesan cheese
½ tsp. garlic powder
2 envelopes Lipton Cream of
Chicken Flavor Cup-a-Soup
1½ cups milk
6 oz. cooked bows

In large skillet, melt butter and stir in chicken with red pepper; cook for 3 minutes. Add peas, cheese, garlic powder and Cup-a-Soup blended with milk. Simmer, stirring occasionally, 5 minutes; toss with hot bows. Makes about 2 servings.

For more delicious recipes, send your name, address, and 75¢ for postage and handling to: Cup-a-Soup recipes P.O. Box 1080, Grand Rapids, MN 55745

Can you find the Cup-a-Soup in this picture?

Instant Soup®

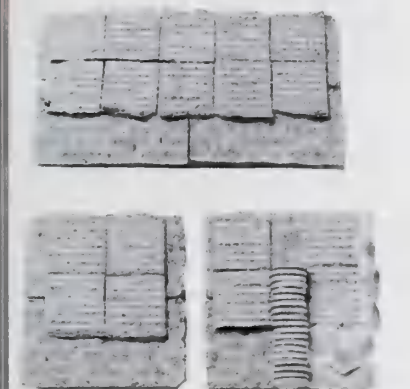


HOME SWEET HOME

continued

ow above each door. Let dry.
THATCH SIDING: On front and back walls, glue 5 Triscuits flush with the top, leaving a $\frac{3}{8}$ -inch border on both sides. Glue second row of 5 Triscuits underneath as shown in photo I. On 1 side wall glue 2 Triscuits flush with top and leaving about a 1-inch border on both sides; glue 2 more underneath those. On second side wall glue Triscuit flush with top $\frac{1}{4}$ inch from edge. Leave $\frac{3}{4}$ -inch space for chimney and glue

PHOTO I



and Triscuit flush with top; glue 2 more Triscuits directly under those. Let dry.
THATCH COTTAGE WINDOWS: Decorate windows as pictured (see page 181). Decorate 2 Triscuits for doors as shown. Let dry. Glue 2 undecorated social tea biscuits to front and back walls centered and flush with bottom row of Triscuit siding. (Decorated doors will be attached later.) Attach 2 windows to both front and back walls and hanging window to side wall without glue for chimney. Let dry.

On side, back and front walls to foam-board and to each other, bracing walls with 2 bottles or cans. (The 2 side walls fit between the front and back walls.) Let dry. Draw wood and thatch house roof support patterns (see photo J) on graph paper. Glue on a sheet of lightweight cardboard; cut out. With serrated knife cut 2 of each pattern from 4 Wasa crackers. Glue base of roof of the trapezoid pieces to top of one side wall. Glue triangle to top. Glue a Finnegan cracker on inside, overlapping both side walls and side wall as shown in photo J. Repeat on other side wall. Let dry. Glue 2 bread sticks to fit between side walls within 1 inch of triangle tip, trimming bread sticks if necessary. Let dry.

For roof, glue 4 Wasa crackers vertically along side across roof area. Smooth finished roof edges. Let dry. Ice triangular roof support walls. Let dry.

ICE ROOF AND DECORATIONS: Glue 4 candy sticks at corners of house; trim if necessary. Glue a red gumdrop upside down under eaves on both sides. Glue 2 red candy sticks under eaves on both sides, trimming if necessary. Glue remaining 2 red candy canes across roof. Glue remaining 2 rosette windows on roof supporting walls. Glue 1 Mini-round gumdrop on each side of both

windows. Let dry.

Separate the 2 rounded end sections of the sea crackers from the remaining cracker for the roof tiles. (Use only rounded sections.) Ice one side of the roof. For top row of tiles, glue a rounded section $1\frac{1}{4}$ inches from end of roof. Glue second rounded section $1\frac{1}{4}$ inches from opposite end of roof. Glue 3 rounded sections, overlapping crackers in place as pictured (see page 181). Glue remaining rows, alternating scallops and trimming crackers as necessary. Repeat on other side of roof. Glue Cheerios across roof peak. Glue Goldfish crackers around base of roof on all sides. Let dry.

Cut off bottom of a red gumdrop heart for base and cut a notch in top. With toothpick attach remaining heart on top. Glue to roof for chimney. Decoratively pipe roof tiles, edges along candy sticks, Goldfish and icicles as pictured.

THATCH COTTAGE ROOF AND DECORATIONS: Attach 2 Triscuits in center of both triangular roof support walls; trim top Triscuit as necessary. Ice roof. Let dry.

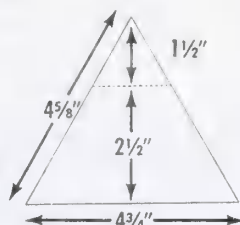
Build chimney in 2 or 3 stages, gluing a stack of Ritz Bits crackers against chimney wall, letting dry between stages. At roof peak it will be necessary to trim crackers. Glue stack of 5 or 6 crackers above roof peak. Let dry.

Working from top of roof sides, attach 4 rows of 4 Mini-Wheats on each side as pictured (see page 181). Attach a row of 4 Mini-Wheats across roof peak. Glue a row of Cheerios on each side of top row as shown. Trim 3 Fig Newtons so they stack in stair-step fashion. Attach to front of house at base of door. Glue on decorated door. Repeat for back of house. Glue Cheerios along sides of steps and around doors. Glue oyster crackers around house base and up corners for stone foundation. Glue peppermint candies on both sides of Triscuits on triangular roof support walls.

PHOTO J



roof support pattern



Glue jelly beans along roof support sides.

With white icing, decoratively pipe around oyster crackers, zigzag roof edges and icicles as shown. Decorate with green icing as shown. Let dry.



PECAN Pumpkin Pie HOMEMADE WITH LOVE

3 eggs	$\frac{1}{2}$ cup sugar
1 cup Libby's® Solid Pack Pumpkin	3 tablespoons melted butter
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon pumpkin pie spice	1 cup pecan halves
$\frac{3}{4}$ cup corn syrup	1 unbaked 9-inch pastry shell

Stir together 1 slightly beaten egg, pumpkin, $\frac{1}{3}$ cup sugar, and pie spice. Spread over bottom of pie shell.

Combine 2 beaten eggs, corn syrup, $\frac{1}{2}$ cup sugar, butter, and vanilla. Stir in nuts. Spoon over pumpkin mixture.

Bake in moderate oven (350° F.) 50 minutes or until filling is set.

Makes one 9-inch pie.



NEW YEAR'S EVE

All recipes pictured on pages 176-177

MENU FOR SIXTEEN

Trio of Caviars with Sour Cream
 Crab Cakes with Celery Rémolade and
 Creole Mustard Sauce
 Mini Wreaths with Goat Cheese
 Rosettes of Smoked Salmon on Cucumber
 Filet Mignon with Sauce Poivrade
 Pickled Shrimp with Julienne of Vegetables
 Cranberry and Beet Chutney
 Potatoes au Gratin with Wild Mushrooms
 Caesar Salad
 Chocolate-Chestnut Roll with Crème Anglaise
 Baked Alaska
 Roman Punch

Easy

Moderate

Challenging

Microwave

TRIO OF CAVIARS WITH SOUR CREAM

You can toast the bread twenty-four hours ahead—just store it in an airtight container.

Total prep time: 50 minutes

12 slices brioche or firm white bread
 ½ cup sour cream
 1 ounce black caviar
 1 ounce salmon caviar
 1 ounce whitefish roe (golden caviar)
 2 tablespoons minced onion

Preheat oven to 350°F. Cut bread into 1½-inch rounds or squares. Place on cookie sheet; toast lightly on both sides. Cool.

Top each toast with ½ teaspoon sour cream, then ¼ teaspoon caviar. Sprinkle with onion and place on large platter. Serve

at once. Makes about 50 appetizers.

Nutrition info per appetizer: 35 calories, 1 gm fat, gm protein, 5 gm carbohydrates, 67 mg sodium, 1 mg cholesterol.

CRAB CAKES WITH TWO SAUCES

No matter how many of these fabulous crab cakes you make, you'll never have enough—just make as many of them as you can afford.

Prep time: 50 minutes

Cooking time: About 15 minutes

1 cup mayonnaise
 2 large egg yolks
 2 tablespoons dry mustard
 2 tablespoons chopped fresh tarragon or 1 teaspoon dried
 2 teaspoons Worcestershire sauce
 1 teaspoon crab boil (Old Bay) seasoning



"If reheating leftovers is so easy, why do I always get steamed?"

STILL CLINGING TO PLASTIC WRAP?

Cut-Rite® wax paper is easier to use when covering foods to reheat in the microwave. It pulls off the roll easily. Won't melt or stick to your food or dish like some plastic wraps. And it doesn't allow steam to build up or become too hot to touch. So, the next time you reheat food in the microwave, reach for Cut-Rite wax paper.

WE MAKE MICROWAVING EASIER.



Another quality product from the makers of Reynolds Wrap® aluminum foil.

2 tablespoons red pepper sauce
 1/2 teaspoon salt
 2 tablespoons freshly ground pepper
 2 pounds lump crabmeat, picked over
 1/2 cups fresh bread crumbs
 2 cups salad oil

In large bowl combine mayonnaise, egg, mustard, tarragon, Worcestershire, boil seasoning, red pepper sauce, salt and pepper. Fold in crabmeat. Spread bread crumbs on 2 cookie sheets. Spread crab mixture by tablespoonfuls on sheets. Shape into small cakes and roll in oil. Brush to coat evenly. Refrigerate 1 hour. In 12-inch skillet heat oil over medium heat. Cook crab cakes in 3 batches about 2 minutes per side; drain on paper towels. Transfer crab cakes to warm serving platter. (Can be made ahead. Cool. Cover and refrigerate up to 24 hours. Reheat on cookie sheets in 375°F. oven 15 minutes.) Serve with Celery Rémoulade and Creole Sauce. Makes about 4 dozen.

Nutrition info per appetizer: 85 calories, 7 gm fat, 4 gm protein, 1 gm carbohydrates, 105 mg sodium, 33 mg cholesterol.

CELERY RÉMOULADE

Celery is not the root of common celeriac but is related. Beneath its brown, bumpy exterior is a crunchy potato-like interior, which tastes like a cross between celery and walnuts.

Prep time: 15 minutes

1/2 cup mayonnaise
 1/2 cup chopped chives
 2 tablespoons Dijon mustard
 2 tablespoons fresh lemon juice
 1/2 pinch salt
 1/2 cup freshly ground pepper

In medium bowl combine mayonnaise, chives, mustard, lemon juice, salt and pepper. Add celeriac or celery and stir to coat. (Can be made ahead. Cover and refrigerate up to 24 hours.) Makes about 4 cups.

Nutrition info per tablespoon: 15 calories, 1 gm fat, 1 gm protein, 1 gm carbohydrates, 36 mg sodium, 1 mg cholesterol.

CELERY MUSTARD SAUCE

This sauce goes well with other fish and sautéed chicken breasts.

Prep time: 20 minutes

1/2 cup mayonnaise
 1/2 cup ancho chili, seeded and minced, or 5 drops red pepper sauce
 1/2 cup sweet red bell pepper, diced fine
 2 tablespoons Dijon mustard
 2 tablespoons chopped chives

In medium bowl combine all ingredients. (Can be made ahead. Cover and refrigerate up to 24 hours.) Makes 1 1/2 cups.

Nutrition info per tablespoon: 70 calories, 7 gm fat, 1 gm protein, 1 gm carbohydrates, 108 mg sodium, 5 mg cholesterol.

WREATHS WITH GOAT CHEESE

These make-and-freeze appetizers are easy to pull out for drop-in guests.

Prep time: 55 minutes
Cooking time: 25 to 30 minutes

Pastry

1/2 cup water
 1/2 cup milk
 1/2 cup butter or margarine

Pinch salt

Pinch nutmeg

1 1/4 cups all-purpose flour

5 large eggs

Filling

1 pound goat cheese, softened

1/4 cup milk

2 tablespoons chopped fresh chives

2 tablespoons chopped parsley

1 tablespoon chopped fresh dill or basil leaves

Freshly ground pepper

Chives, cut into 1-inch pieces

Pastry: Preheat oven to 375°F. Grease 2 cookie sheets. In large saucepan bring water, milk, butter or margarine, salt and nutmeg to a boil. Remove from heat. Stir in flour. Add 4 eggs one at a time, beating well after each addition. Spoon into pastry bag fitted with 1/2-inch plain tip. Pipe 1 1/2-inch rings 1 inch apart onto prepared cookie sheets.

Lightly beat remaining egg and brush over tops. Bake 25 to 30 minutes, until golden brown. Cool. (Can be made ahead. Cover and freeze up to 2 weeks. Thaw at room temperature 30 minutes.) Slice rings horizontally in half.

Meanwhile, in bowl beat goat cheese with milk until smooth. Add chopped chives, parsley, dill or basil, and pepper to taste; mix well. Pipe with pastry bag or spread scant tablespoon cheese mixture on bottom half of each ring. Replace tops. (Can be made ahead. Cover and freeze in airtight container up to 2 weeks. Bake on cookie sheets in 375°F. oven 10 minutes.) Place 2 pieces chive in center of each ring. Makes about 50 appetizers.

Nutrition info per appetizer: 70 calories, 5 gm fat, 3 gm protein, 3 gm carbohydrates, 86 mg sodium, 41 mg cholesterol.

ROSETTES OF SMOKED SALMON ON CUCUMBER

Seedless cucumbers are extra long and come wrapped in plastic in the produce section.

Total prep time: 45 minutes

2 long seedless cucumbers
 1/2 cup whipped cream cheese
 1/2 pound sliced smoked salmon
 40 small sprigs fresh dill

Slice cucumbers 1/2 inch thick. Cut out each slice with 1 1/2-inch round cookie cutter. Pipe with pastry bag or spoon 1/2 teaspoon cream cheese on each. Cut salmon into 40 strips, about 4x3/4 inch each. Roll each strip around dill sprig and place on cream cheese. Makes 40 appetizers.

Nutrition info per appetizer: 15 calories, 1 gm fat, 1 gm protein, 1 gm carbohydrates, 119 mg sodium, 3 mg cholesterol. (continued)



Apple Butter Pumpkin Pie HOMEMADE WITH LOVE

1 cup LIBBY'S® Solid Pack Pumpkin	1/4 teaspoon ground nutmeg
1 cup MUSSELMAN'S® Apple Butter	1/4 teaspoon salt
1/4 cup packed dark brown sugar	3 eggs, lightly beaten
1/2 teaspoon ground cinnamon	1 cup undiluted CARNATION® Evaporated Milk
1/4 teaspoon ground ginger	1 9-inch deep dish frozen pie shell, thawed
	Streusel Topping

Preheat oven to 375°F. Combine filling ingredients in order given; pour into pie shell. Bake 50 to 60 minutes or until knife inserted two inches from center comes out clean. Top with streusel topping. Bake for additional 15 minutes. Makes one 9-inch pie.

Streusel Topping: Combine 3 tablespoons softened butter, 1/2 cup flour, 1/2 cup dark brown sugar, and 1/2 cup chopped pecans.

NOTE: If, in your oven, pie crust begins to brown excessively, place foil halo over crust edges (cut 9-inch circle of foil; cut out center leaving 1-inch wide ring of foil).



NEW YEAR'S EVE

continued

FILET MIGNON

To save some money, buy the meat in cryovac bags and trim the tenderloins yourself—it's easy!

Prep time: 30 minutes plus marinating

Roasting time: 20 minutes

- 2 onions, chopped
- 2 carrots, chopped
- 5 parsley sprigs
- 1 tablespoon juniper berries, crushed, or 2 tablespoons gin
- 2 bay leaves
- 1 teaspoon dried thyme
- 5 tablespoons salad oil, divided
- ¼ cup red wine vinegar
- 2 beef tenderloins (about 6 lb. each), trimmed and tied (reserve trimmings for sauce)
- 1 teaspoon freshly ground pepper
- Sauce Poivrade (recipe follows)
- 8 slices bacon

In large shallow dish combine onions, carrots, parsley, juniper berries or gin, bay leaves, thyme, 4 tablespoons oil and the vinegar. Rub tenderloins with pepper. Add to dish and turn to coat. Cover and refrigerate overnight, turning occasionally.

One hour before roasting, remove meat from refrigerator. Make Sauce Poivrade.

Preheat oven to 450°F. Remove meat from marinade and pat dry. Arrange bacon on meat, threading slices under strings. In large roasting pan heat remaining 1 tablespoon oil over high heat. Add tenderloins one at a time and brown on all sides, about 5 minutes. Transfer to oven and roast 20 minutes for rare. Let stand 5 minutes before slicing. Serve with Sauce Poivrade. Makes 16 servings.

Nutrition info per serving: Without sauce, 190 calories, 10 gm fat, 23 gm protein, 0 gm carbohydrates, 108 mg sodium, 69 mg cholesterol.

SAUCE POIVRADE

Be sure to add the beef trimmings to the broth for a more robust flavor.

Prep time: 25 minutes

Cooking time: 45 to 55 minutes

- 1½ teaspoons salad oil
- ½ cup chopped onion
- ½ cup chopped carrot
- 2 tablespoons chopped shallots
- 2 tablespoons chopped fennel or celery
- 1 garlic clove, unpeeled, crushed
- Reserved beef trimmings from tenderloins, fat trimmed
- 3 sprigs parsley
- 3 sprigs thyme or ½ teaspoon dried
- 3 sprigs rosemary or ½ teaspoon dried
- 1½ teaspoons juniper berries or 2 tablespoons gin
- 1 bay leaf
- 1½ cups dry red wine
- ½ cup red wine vinegar
- 2½ cups beef broth
- 2½ cups water
- ½ teaspoon crushed peppercorns

3 tablespoons butter or margarine

3 tablespoons all-purpose flour

In large skillet heat oil over medium heat. Add onion, carrot, shallots, fennel or celery, and garlic; cook, stirring frequently, 10 minutes. Increase heat to medium-high. Add beef trimmings and brown on all sides. Add parsley, thyme, rosemary, juniper berries or gin and bay leaf; cook 1 minute. Add wine and vinegar; cook until liquid is reduced to 1 cup. Add broth and water. Simmer, skimming surface occasionally, until liquid is reduced by one third. Add peppercorns and simmer 15 minutes more. Strain through sieve, pressing hard on solids. Skim fat.

Transfer sauce to clean saucepan and heat to simmering. In small bowl mix butter or margarine and flour to a smooth paste; whisk into sauce. Simmer 2 minutes, stirring constantly. *(Can be made ahead. Cool, then refrigerate covered up to 24 hours. Reheat over medium heat about 15 minutes.)* Serve with Filet Mignon. Makes 3 cups.

Nutrition info per 2 tablespoons: 25 calories, 2 gm fat, 0 gm protein, 2 gm carbohydrates, 125 mg sodium, 4 mg cholesterol.

PICKLED SHRIMP WITH JULIENNE OF VEGETABLES

For maximum flavor, cook the shrimp in the shell, then peel and toss with the remaining ingredients.

Prep time: 30 minutes plus marinating

- 4 pounds large shrimp
- ¾ cup fresh lemon juice
- ½ cup olive oil
- 2 teaspoons salt
- ¼ teaspoon freshly ground pepper
- 3 bay leaves
- 2 carrots, julienned
- 1 celery rib, julienned
- 1 leek, julienned
- 1 small zucchini, seeded and julienned
- 1 small red onion, sliced thin
- 2 lemons, sliced thin

In pot bring 3 quarts salted water to a boil. Add shrimp and cook just until pink, about 3 minutes. Drain and rinse under cold running water. Peel and devein cooled shrimp.

In large bowl combine remaining ingredients except lemons. Add shrimp and toss well. Cover and refrigerate overnight. Just before serving, discard bay leaves and stir in lemon slices. Makes 16 servings.

Nutrition info per serving: 125 calories, 6 gm fat, 15 gm protein, 5 gm carbohydrates, 384 mg sodium, 105 mg cholesterol.

CRANBERRY AND BEET CHUTNEY

This well-seasoned relish is so delicious you'll find yourself taking larger-than-usual helpings.

Prep time: 15 minutes

Cooking time: 30 minutes

- 4 cups cranberries
- ¾ cup finely chopped onion
- ½ cup golden raisins
- ½ cup firmly packed brown sugar

½ cup cider vinegar

- 1 tablespoon mustard seed
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon red pepper flakes
- 2 cans (16 oz. each) small whole beets

In saucepan combine all ingredients except beets. Drain beets and add ⅓ cup beet liquid to saucepan. Bring to a boil. Reduce heat and simmer, stirring occasionally, 10 minutes. Cut beets in half. Add to beet liquid and cook 5 minutes more. *(Can be made ahead. Cover and refrigerate up to 1 week.)* Serve warm or at room temperature. Makes 5½ cups.

Nutrition info per ¼ cup: 55 calories, 0 gm fat, 1 gm protein, 13 gm carbohydrates, 78 mg sodium, 0 mg cholesterol.

POTATOES AU GRATIN WITH WILD MUSHROOMS

An upscale version of Grandma's developed potatoes. Dried mushrooms keep in a tightly covered container at room temperature indefinitely.

Prep time: 45 minutes

Cooking time: 40 to 45 minutes

- 1 ounce dried porcini mushrooms
- 1 cup warm water
- 5 pounds all-purpose potatoes
- 3 tablespoons butter or margarine
- 1½ pounds fresh mushrooms, sliced
- 2 cups heavy or whipping cream
- 1 cup milk
- 2 teaspoons salt
- ½ teaspoon freshly ground pepper
- Pinch nutmeg
- 2 cups (8 oz.) grated Gruyère cheese

In small bowl soak porcini mushrooms in warm water 30 minutes. Remove mushrooms from liquid; rinse thoroughly and chop. Strain liquid through coffee filter into sieve lined with paper towel.

Meanwhile, peel potatoes and slice ¼ inch thick. Let stand in large bowl of cold water.

Preheat oven to 425°F. In large skillet melt butter or margarine over high heat. Add fresh and porcini mushrooms; sauté until browned and liquid evaporates, 10 to 15 minutes. Drain potatoes and pat dry with kitchen towels. Spread evenly in two 13-inch baking pans.

In medium saucepan combine cream, milk, mushroom soaking liquid, salt, pepper and nutmeg. Bring to a boil; pour evenly over potatoes. Sprinkle with mushroom then cheese. Bake 40 to 45 minutes, until potatoes are tender and most liquid is absorbed. *(If pans are on 2 racks, switch positions halfway through cooking.)* Makes 16 servings.

Nutrition info per serving: 290 calories, 19 gm fat, 24 gm protein, 24 gm carbohydrates, 372 mg sodium, 1 mg cholesterol.

CAESAR SALAD

The difference in this salad is homemade rye-bread croutons. (continued)



**Make
the holidays
all they're
out to be.**



JELL-O® Gelatin Jigglers

4 packages (4-serving size) JELL-O® Brand Gelatin or
Sugar Free Gelatin, any flavor
2½ cups boiling water or fruit juice

Dissolve gelatin completely in boiling water in a bowl.
Pour into 8- or 9-inch square pan. Chill until firm, about
4 hours. Cut with any cookie
cutter. Garnish as desired. Cube
remaining gelatin.

**Our most requested
JELL-O® Gelatin recipe.**



It's mousse, it's fudge, it's cherries...



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NEW YEAR'S EVE

continued

Total prep time: 1 hour

- ¼ cup olive oil
- 1 garlic clove, crushed and peeled
- 5 slices rye bread, crusts removed, cut into ¼-inch cubes (2½ cups)
- 8 flat anchovy fillets, drained and chopped fine
- 3 garlic cloves, minced
- 1 tablespoon dry mustard
- 1 teaspoon salt
- 3 tablespoons fresh lemon juice
- ½ cup olive oil
- 3 large heads romaine lettuce, torn into bite-size pieces
- 1 cup freshly grated Parmesan cheese
- Freshly ground pepper

In large skillet heat oil and crushed garlic clove over medium-high heat. Add bread cubes and sauté until golden, 4 to 5 minutes. Remove garlic and drain croutons on paper towels.

In very large salad bowl mix anchovies, minced garlic, mustard and salt until smooth. Whisk in lemon juice, then oil, until well blended. Add lettuce to bowl and toss until greens are well coated with dressing. Add croutons, Parmesan and pepper to taste; toss lightly. Makes 16 servings.

Nutrition info per serving: 160 calories, 12 gm fat, 6 gm protein, 8 gm carbohydrates, 358 mg sodium, 5 mg cholesterol.

CHOCOLATE-CHESTNUT ROLL

This recipe calls for two kinds of canned chestnuts, candied and pureed—you need to use both.

Prep time: 1 hour
Baking time: 5 minutes

Cake

- ½ cup plus 1 tablespoon unsweetened cocoa powder
- ½ cup all-purpose flour
- 2 tablespoons cornstarch
- Pinch salt
- 7 large eggs, at room temperature, separated
- ¾ cup granulated sugar, divided
- 3 tablespoons butter or margarine, melted and cooled
- 1 tablespoon confectioners' sugar

Filling

- 1 envelope plus 1 teaspoon gelatin
- ¼ cup cold water
- 1½ cups milk
- 4 large egg yolks
- ½ cup plus 1 tablespoon granulated sugar
- ¾ cup canned chestnut puree (see note)
- 1 tablespoon dark rum
- 1 teaspoon vanilla extract
- Pinch salt
- ¼ cup chopped drained candied chestnuts in syrup (see note)
- ½ cup heavy or whipping cream

Crème Anglaise (recipe follows)

Confectioners' sugar Strawberries, for garnish

Preheat oven to 450°F. Grease 2 jelly-pans. Line bottoms and sides with wax paper; grease and flour paper.

Sift ½ cup cocoa and the flour, cornstarch and salt together on sheet of wax paper. In mixer bowl beat egg yolks and ½ cup granulated sugar until mixture forms slow dissolving ribbon when beater is lifted. Gently fold in cocoa mixture with rubber spatula.

In clean mixer bowl beat egg whites until foamy. Gradually beat in remaining ¼ cup granulated sugar and continue to beat until soft peaks. Fold into cocoa mixture in batches. Gently fold in melted and cooled butter or margarine.

Spread batter evenly in prepared pans. Bake 5 to 6 minutes, just until firm. Meanwhile, mix remaining 1 tablespoon cocoa and the confectioners' sugar. Sift onto two 17-inch-long sheets of wax paper. Invert cakes onto wax paper; peel off paper from tops. Roll up each cake from long side. Cool to room temperature.

Filling: In cup sprinkle gelatin over cold water; let stand 5 minutes. In small saucepan bring milk to a boil.

Meanwhile, in small bowl whisk egg yolks and ½ cup sugar until blended. Gradually whisk in hot milk. Return to saucepan and cook, stirring constantly, over medium heat just until thick enough to coat back of spoon (do not boil). Remove from heat; add gelatin and stir until completely dissolved. Transfer mixture to blender. Add chestnut puree, rum, vanilla and salt; blend.

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piece of cake
to make.

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BLACK FOREST MOUSSE · CHERRIES AND CREAM · CHOCOLATE MOUSSE · CHOCOLATE AMARETTO MOUSSE

smooth. Transfer to large bowl set in bowl of ice water. Cool, stirring occasionally, until mixture holds shape when piped from spoon. Fold in candied chest-

mixer bowl beat cream and remaining tablespoon sugar to soft peaks. Fold into nut mixture. Refrigerate 10 minutes. Roll cakes. Spread half the filling on 1 and roll up from long side. Place next second cake, spread with remaining filling and continue rolling to make log. Place seam side down on serving platter or pie sheet; cover with plastic wrap and refrigerate overnight. (*Can be made ahead. Freeze and freeze up to 2 weeks. Refrigerate night before serving.*)

Make Crème Anglaise.

serve, sift confectioners' sugar over cake. Transfer to serving platter and decorate with strawberries. Cut into 16 slices. Serve with Crème Anglaise. Makes 16 servings.

nutrition info per serving: 210 calories, 10 gm fat, 6 gm protein, 26 gm carbohydrates, 88 mg sodium, 207 mg cholesterol.

Ingredients: Canned chestnut puree and candied chestnuts in syrup can be ordered by mail from: Bloomingdale's, Food Delicacies Dept., 1000 Third Ave., NYC 10022.

CRÈME ANGLAISE

...tasty vanilla sauce that complements the chocolate roll perfectly.

Prep time: 5 minutes

Baking time: 10 minutes

1 cup heavy or whipping cream

1 cup milk

3 tablespoons sugar

4 large egg yolks

2 tablespoons rum

1 teaspoon vanilla extract

In medium saucepan combine cream, milk and sugar; heat to scalding. In medium bowl whisk egg yolks until lemon colored. Gradually whisk in hot cream mixture. Return to saucepan; cook over low heat, stirring constantly, until thick enough to coat back of spoon. Remove from heat. Stir in rum and vanilla. Refrigerate until cold. (*Can be made ahead. Cover and refrigerate up to 2 days.*) Makes 2 cups.

Nutrition info per tablespoon: 45 calories, 4 gm fat, 1 gm protein, 2 gm carbohydrates, 8 mg sodium, 45 mg cholesterol.

BAKED ALASKA

There's no better way to ring in the new year than with this spectacular dessert. For true theatrics, ignite the brandy.

Prep time: 35 minutes plus freezing

1 large pound cake (1 lb.), cut into ¼-inch-thick slices

1 pint vanilla ice cream, softened

1 pint raspberry sorbet or raspberry-and-cream ice cream, softened

2 pints chocolate ice cream or sorbet, softened

6 large egg whites

6 tablespoons sugar

6 tablespoons brandy

Fruit Sauce

1 cup water

1 cup sugar

½ vanilla bean, split lengthwise

1 cup fresh or frozen unsweetened raspberries

1 cup fresh or frozen unsweetened blueberries

1 cup sliced fresh or frozen unsweetened whole strawberries

Line 2½-quart bowl (top diameter 8 inches) with plastic wrap. Line bottom and side with cake slices. Spoon vanilla ice cream in bottom, packing lightly and smoothing top. Cover with layer of cake. Make layer of raspberry sorbet, then another cake layer. Add chocolate ice cream and top with another cake layer. Freeze overnight. (*Can be made ahead. Cover and freeze up to 2 weeks.*)

In mixer bowl beat egg whites until foamy. Gradually beat in sugar and continue beating until stiff but not dry. Invert mold onto cookie sheet; remove bowl and plastic wrap. With spatula or pastry bag fitted with ½-inch tip, cover cake with meringue. Freeze at least 2 hours.

Fruit Sauce: Meanwhile, in large saucepan bring water, sugar and vanilla bean over high heat to a boil, stirring to dissolve sugar. Remove from heat. Discard vanilla bean and stir in fruit. Cool. Transfer to serving bowl.

Preheat oven to 500°F. Bake dessert until meringue (*continued on page 196*)

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HIDDEN VALLEY RANCH OYSTER CRACKERS

- 12-16 oz. plain oyster crackers
- 1 pkg. Hidden Valley Ranch® Buttermilk Recipe Original Ranch Salad Dressing Mix
- ¼ tsp. lemon pepper
- ½-1 tsp. dill weed
- ¼ tsp. garlic powder
- ¾-1 cup salad oil

Combine Hidden Valley Ranch mix and oil; add dill weed, garlic powder and lemon pepper. Pour over crackers, stir to coat. Place in warm oven for 15-20 minutes.



HIDDEN VALLEY RANCH BUFFALO WINGS

- 24 chicken wings/drumettes ½ cup melted butter
- ¼ cup hot pepper sauce (less if desired) 3 tbs. vinegar
- 2 pkgs. Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing Mix
- ½ tsp. paprika Celery sticks

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan.

Sprinkle with 1 package dry dressing mix. Bake 25-30 minutes or until browned. Sprinkle with paprika.

Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as dip.



HIDDEN VALLEY RANCH SPINACH DIP

- 1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing Mix
- 2 cups (1 pint) sour cream
- 1 pkg. (10 oz.) frozen, chopped spinach, cooked and drained
- ¼ cup onion, minced
- ¾ tsp. basil
- ½ tsp. oregano

Combine ingredients. Stir to blend. Chill for at least 1 hour. Serve in hollowed out round loaf of french bread; use hollowed out section to make bread cubes for dipping.



HIDDEN VALLEY RANCH CRANBERRY SALAD

- ½ cup prepared Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing
- 1 tsp. grated orange peel 2 Tbs. orange juice
- ½ cup heavy cream, whipped
- 1 can (11 oz.) mandarin orange segments Water
- 2 pkgs. (3 oz. each) orange flavored gelatin
- 1 can (16 oz.) whole berry cranberry sauce

Mix salad dressing with orange peel and juice; fold in whipped cream and chill. Drain oranges, reserving syrup; add water to get 2 cups. Bring to a boil. Add gelatin and stir until dissolved. Chill until partially set; fold in cranberry sauce and orange segments. Pour into lightly oiled 6-cup ring mold. Chill overnight; unmold. Serve with chilled dressing.

Best among its piers.



NEW YEAR'S EVE

continued from page 193

is lightly browned, about 2 minutes. Transfer to serving platter.

In small skillet heat brandy over medium heat until warm. Ignite brandy and pour over Baked Alaska. To serve, cut into wedges and serve with fruit sauce. Makes 16 servings.

Nutrition info per serving: 345 calories, 14 gm fat, 5 gm protein, 52 gm carbohydrates, 97 mg sodium, 64 mg cholesterol.

ROMAN PUNCH

This punch will be the ice breaker for any party. It is strong yet smooth, so drink it with care.

Total prep time: 40 minutes

- 1½ cups fresh lemon juice, chilled
- 1½ cups fresh orange juice, chilled
- 1 box (1 lb.) superfine sugar
- 1 bottle (750 ml) white rum, chilled
- 2 tablespoons aromatic bitters
- 2 tablespoons orange-flavored liqueur
- 1 bottle (750 ml) champagne, chilled
- 5 large egg whites, at room temperature
- Julienned peel of ½ orange, for garnish
- Sliced strawberries, for garnish

In punch bowl combine lemon juice, orange juice and sugar; stir to dissolve sugar. Stir in rum, bitters and orange liqueur. Gently stir in champagne. Beat egg whites until soft peaks form. Add to punch and whisk gently. Float orange peel and strawberries on top. Makes 16 servings.

Nutrition info per serving: 275 calories, 0 gm fat, 1 gm protein, 34 gm carbohydrates, 19 mg sodium, 0 mg cholesterol.

Journal Shopping Center

COVER

Blue skirt, Top Flight; girl's sweater, Marsha's Attic; boy's pants, Betty and Co.; boy's sweater, Marsha's Attic.

BEAUTY ■ FASHION JOURNAL

Page 32: Dress, Adrienne Vittadini; bag, Donna Karan, earrings, Steve Vaubel at Mishon; gloves, La Crasia.

Page 34: Blouse and skirt, The Limited; bracelet and belt, Donna Karan at Mishon; earrings, Steve Vaubel at Mishon; stockings, Hanes Hosiery; watch, Daniel Mink at Mishon; shoes, Perry Ellis.

THE MOST REQUESTED HOLIDAY RECIPES

Page 48: Glassware for syrups and silver circles for cakes, Williams-Sonoma, 20 E. 60th St., NYC 10021.

EASY AS 1-2-3

Page 118: Silver fish from Pan American Phoenix, 153 E. 53rd St., NYC 10022.

DIET DETECTIVES

Page 141: Pajamas, Fernando Sanchez.

Page 142: Turtle & Skirt, Isia; jacket, Lloyd Williams; earrings and bracelet, Donna Karan at Mishon; watch, Daniel Mink at Mishon; bag, Maud Frizon; gloves, La Crasia.

Page 144: T-Shirt and jacket, Adrienne Vittadini; belt, OMO Norma Kamali; bracelets and earrings, Sharent.

DECK THE HALLS

Pages 162-163: Napkins, beeswax candles and holders, Casa Maia, 1143 Park Avenue, NYC 10128; boxwood tree, garlands and flowers, the Windsor Florist, 1118 Lexington Ave., NYC 10021, 212-734-4540.

DAZZLING MAKEOVERS

Page 170-171: Bow earrings, Eric Beamon at Showroom Seven; glitzy cuff, Wendy Gell; hoop earrings, Fragments; face powder, Poudre De Chanel Lumiere Rose Pink; lipstick, Ultima II Snapshot, Professional Stayliner in Ebony by Revlon; Perfect Pen Eyeliner in Black Onyx by Maybelline. Elaine Korn—shirt, Anne Klein II; jacket, Jones New York; necklaces, Kenneth Jay Lane; earrings, Fragments. All makeup by Ultima II—ProCollagen Anti-aging Firming Foundation in Ivory Silk. COLOR SHOTS Face Powder in Quirks, COLOR SHOTS Cheek Powder in Steamy, COLOR SHOTS Eye Powder in Pulse, Double Effects Lid & Brow Definer in Charcoal Frost/Charcoal, Advanced Formula Extra-Full Mascara for Sensitive Eyes in Black, Super Luscious Liplines in Redberry, LIPCHROMES in Click. Rita Waterman—body suit, Donna Karan; earrings, Mishon Mishon. All makeup by Max Factor—Max Factor Lasting Color Lipstick in Bow, Tie Red, Max Factor Highlighting Powder in Red Opal Shimmer, Satin Splendor Flawless Complexion Makeup, Quick Draw Magic Eyeliner Pen in Brown, Shadow Express in Brown & Associates, Lip Definer Pencil in Red Amber, Satin Blush-On Powder Blush in Wild Rose, Eyebrow Pencil in Dark Brown, For Your Eyes Only Mascara in Black.

Page 172: Marcia Sherrill—sweater, Adrienne Vittadini; earrings, Eric Beamon for Showroom Seven; scarf, Echo. All makeup by Elizabeth Arden—Luxury Lipstick in Red Diamond with Slender Liner, Creative Coloring Pencil in Cherry, Moonstone Illusion Luxury Lipgloss, Slender Liner Creative Coloring Pencil in Rosewood & Skipper Blue, Powder Perfection for Cheeks in Precious Blush, Flawless Finish Sponge-On Cream Makeup in Gentle Beige, Illusion Face Powder in Sheer Fantasy. Quenna Moore—blouse, Jones New York; earrings, Sharent; bracelet, Kenneth Jay Lane. All makeup by Chanel—Translucent Face Powder—Pink, Eyebrow Groomer in Soft Brown, Smudge Eyeliner in Black, Luxury Creme Mascara in Black, Powder Blush in Rose Quartz, Creme Lipstick in Satin Red.

Page 174: Audrey Johnston—sweater, Ballantyne; earrings, Deanna at Fragments; necklace, Donna Karan; bracelet, Kenneth Jay Lane. All makeup by Maybelline—Moisture Whip Nourishing Lipstick in Cherries Jubilee, Moisture Whip Liquid Makeup in Ivory, Moisture Whip Cream Concealer in Light, Moisture Whip Loose Powder in Pink, Plush Brush Loose Powder in Satin Rose, Perfect Pen Eyeliner in Black Onyx, Brow & Liner Pencil in Light Brown, Performing Mascara Brownish-Black, Precious Lip Liner in Rose, Mary Morgan—sleeveless turtle, Ralph Lauren; earrings, Fragments; sweater, Ralph Lauren; bracelet, Wendy Gell. All makeup by Revlon—Touch and Glow Loose Powder in Misty Rose, New Complexion Makeup in Natural Beige, Naturally Glamorous Blush-on in Revlon Red, Eyeshadow Prisms in The Blanks, Special Eyes Micropure Mascara in Black, Special Eyes Micropure Slimliner in Violet, Superlustrous Lipstick in Revlon Red.



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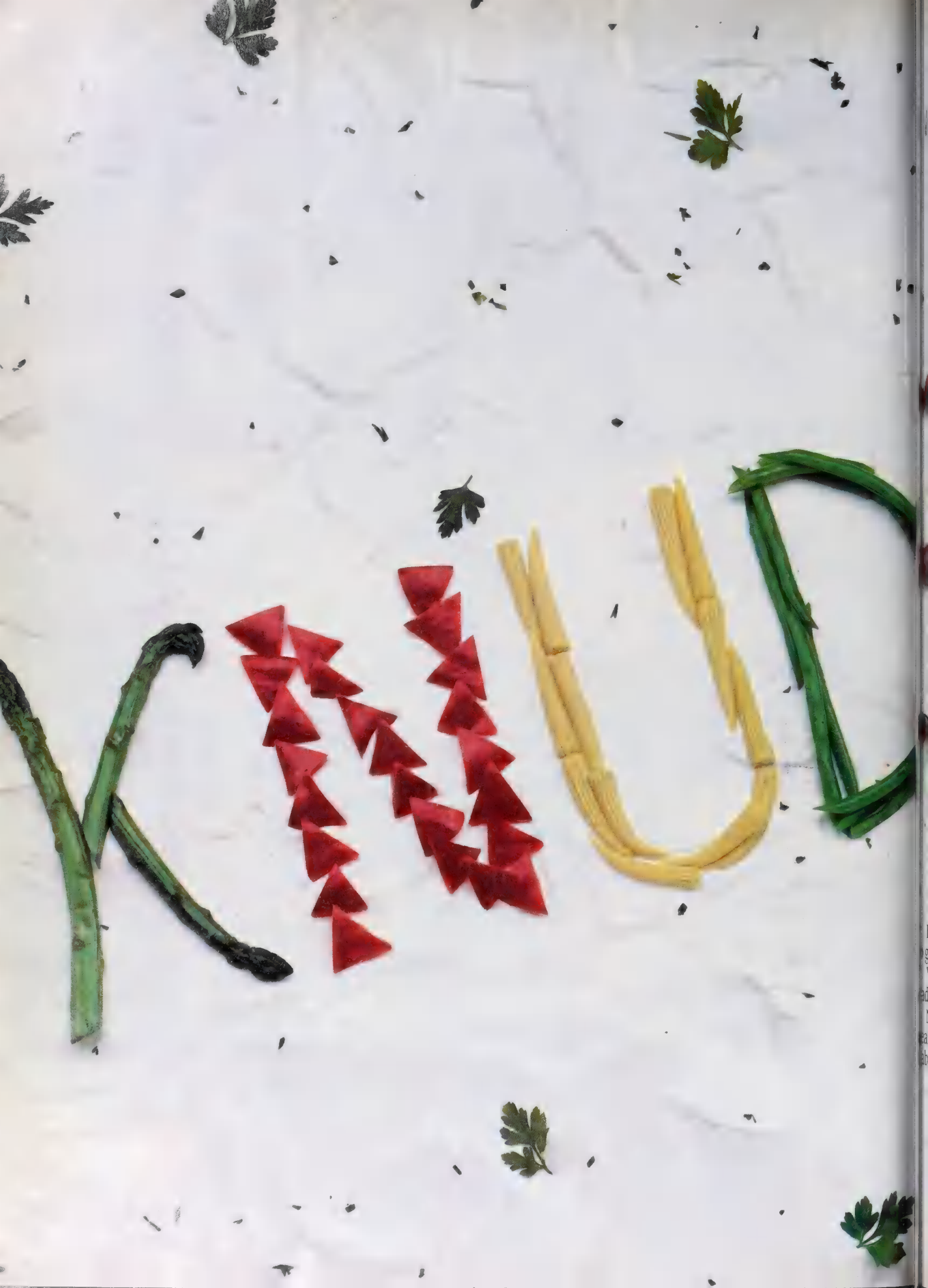
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TREASURE THE EXPERIENCE

HOLIDAY COOKIE BOOK

cookies pictured on pages 178-179

COOKIE TIPS

Doughs except shortbread can be covered and frozen up to 1 month. Let Easy Sugar and Easy Spice doughs thaw in refrigerator overnight. Let Make and Bake doughs thaw to room temperature.

For hassle-free cookie cut-outs, roll cookie dough between 2 sheets of wax paper. Release top sheet. Cut into desired shapes, refreeze on paper until firm. Transfer frozen cut-outs to prepared cookie sheets. For easy greasing of cookie sheets, use non-stick cooking spray.

For quick removal of bar cookies, line baking pans with foil.

Baked cookies can be made ahead. Cover and freeze up to 1 month. Thaw to room temperature, then decorate as desired.

EASY SUGAR CUT-OUTS

Prep time: 1 hour plus chilling

Bake time: 8 to 9 minutes per batch

1 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
1/2 cup granulated sugar
1 large egg
1/2 teaspoon grated lemon peel
1/2 teaspoon vanilla extract

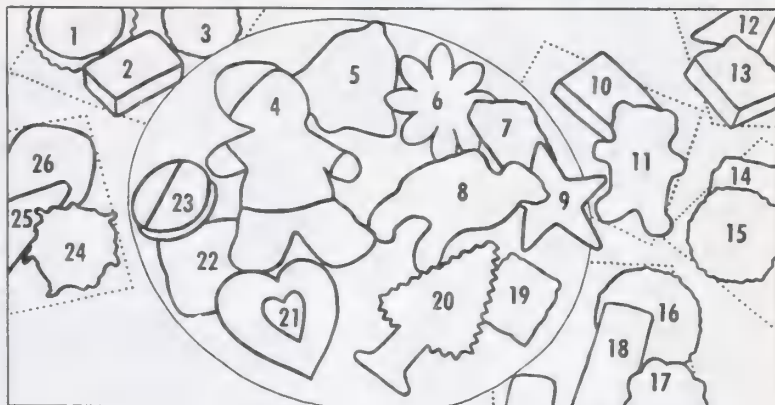
In bowl combine flour, baking powder and salt. In mixer bowl beat butter and sugar until light and fluffy. Beat in egg, lemon peel and vanilla. Stir in dry ingredients until just combined. Divide dough into 4 portions. Wrap and refrigerate 4 hours or overnight.

Preheat oven to 350°F. Grease cookie sheets. Roll 1 dough quarter 1/8 inch thick between 2 sheets wax paper. (Keep remaining dough refrigerated.) Cut with a floured 3-inch cookie cutter into desired shapes. Bake 8 to 9 minutes, until edges are golden. Remove on wire racks. Repeat with remaining dough and scraps. Decorate as desired. Makes 6 1/2 dozen, 35 calories each.

Use Easy Sugar Cut-Outs recipe as directed with variations below.

Peppermint Christmas tree sandwiches (pictured): Omit lemon peel. Add 1/4 teaspoon peppermint extract and desired amount of leaf-paste food coloring to butter-sugar mixture. Use a 4-inch Christmas tree cookie cutter. Melt 1/2 cup mint chocolate chips; frost flat side of half the cooled cookies and sandwich with remaining cookies. Decorate as pictured. Makes 3 1/2 dozen, 80 calories each.

Sesame snowflakes (pictured): Add 1/4 cup



1. Apricot Rounds
2. Brownie Bars
3. Mincemeat Drops
4. Gingerman
5. Sugar Bells
6. Sesame Snowflakes
7. Pecan Bars
8. Easy Sugar Cut-Outs
9. Orange Poppy-Seed Stars
10. Coconut Pecan Bars
11. Peanut Butter Bears
12. Cornmeal Cookies
13. Fruitcake Bars

14. Pistachio Buttons
15. Honey Cookies
16. Easy Shortbread Cookies
17. Peppermint Poinsettias
18. Easy Spice Cookies
19. Almond Squares
20. Peppermint Christmas Tree Sandwiches
21. Linzer Hearts
22. Checkerboard Cookies
23. Chocolate Sandwiches
24. Coconut Spice Snowballs
25. Oat Triangles
26. Fresh Ginger Cookies

toasted sesame seed and 2 tablespoons honey to butter-sugar mixture. Use a 3-inch snowflake cookie cutter. Decorate as pictured. Makes 4 dozen, 65 calories each.

Linzer hearts (pictured): Add 1 cup ground almonds and 1 teaspoon cinnamon to dry ingredients. Decrease granulated sugar to 1/4 cup and add 1/2 cup firmly packed dark brown sugar. Use a 2 1/2-inch heart cookie cutter. Cut out centers of half the unbaked cookies with a 1-inch heart cookie cutter; refrigerate. Spoon 1/2 teaspoon seedless raspberry jam on center of each whole cookie. Brush borders with beaten egg. Top each with a cut-out cookie, pressing edges to seal. Bake 10 minutes or until edges are golden. Sift with confectioners' sugar. Makes 4 dozen, 80 calories each.

Sugar bells (pictured): Use a 2 1/4-inch bell cookie cutter. In bowl combine 4 cups sifted confectioners' sugar and 4 to 5 tablespoons fresh lemon juice; beat until smooth. Spread on cooled cookies. Decorate as pictured. Makes 4 dozen, 90 calories each.

Apricot rounds (pictured): Use a 2 1/2-inch round cookie cutter. In cup combine 3 tablespoons sugar and pinch cinnamon. Before baking, spread each cookie with 1/2 teaspoon apricot preserves. Sprinkle each with 1/2 teaspoon chopped toasted walnuts and 1/4 teaspoon cinnamon-sugar mixture. Makes 4 1/2 dozen, 70 calories each.

Pecan bars (pictured): Do not refrigerate dough. Line a 15 1/2 x 10 1/2-inch jelly-roll pan with foil. Pat dough evenly into pan. Bake 25 minutes. Cool on wire rack.

In mixer bowl beat 2 eggs, 2/3 cup light corn syrup, 2/3 cup firmly packed brown sugar and 1 teaspoon vanilla extract until light and fluffy. Stir in 1 1/2 cups chopped pecans. Spread over baked crust. Bake 20 minutes. Cool. Cut crosswise into 1 1/2-inch strips, then cut strips diagonally at 2-inch intervals to form diamonds. Makes 4 dozen, 110 calories each.

Peanut butter bears (pictured): Omit lemon peel. Add 1/2 cup smooth peanut butter to butter-sugar mixture. Use a 3-inch bear cookie cutter. Melt 1 package (12 oz.) milk chocolate chips. Frost flat side of half the cooled cookies with some melted chocolate and sandwich with remaining cookies. Decorate as pictured with remaining chocolate. Makes 3 1/2 dozen, 105 calories each.

Toasted almond cut-outs: Add 1 cup ground toasted almonds to dry ingredients. Use a 2 1/4-inch round cookie cutter. Sift 2 tablespoons confectioners' sugar onto cooled cookies. Makes 4 1/2 dozen, 65 calories each.

Double chocolate leaves: Add 3 ounces melted and cooled semisweet chocolate to butter-sugar mixture. Use a 3-inch leaf-shaped cookie cutter. Decorate with 4 ounces melted white chocolate. Makes 5 dozen, 162 calories each.

(continued)

EASY SPICE COOKIES

Prep time: 1 hour plus chilling

Baking time: 8 to 9 minutes per batch

- 2 cups all-purpose flour
- 2 teaspoons ginger
- 1½ teaspoons cinnamon
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon cloves
- ¾ cup butter, softened
- ¾ cup firmly packed brown sugar
- 1 large egg

In bowl combine flour, ginger, cinnamon, baking powder, salt and cloves. In mixer bowl beat butter and sugar until light and fluffy. Beat in egg. Stir in dry ingredients until just combined. Divide dough into quarters. Wrap and refrigerate 4 hours or overnight.

Preheat oven to 350°F. Grease cookie sheets. Between 2 sheets wax paper roll 1 dough quarter ¼ inch thick. (Keep remaining dough refrigerated.) Cut with a 2-inch cookie cutter into desired shapes. Bake 8 to 9 minutes, until edges are golden. Cool on

wire racks. Repeat with remaining dough. Decorate as desired. Makes 6½ dozen, 35 calories each.

Prepare Easy Spice Cookies recipe as directed with variations below.

Checkerboard (pictured): Prepare basic recipe as directed. Prepare Easy Sugar dough (see page 199) as directed except omit lemon peel. Divide each dough into quarters. Shape each quarter into an 8-inch log. Wrap in wax paper; flatten long sides to form oblongs. Refrigerate until firm.

On wax paper brush one long side of a spice log with *beaten egg yolk*. Attach a sugar log to egg-coated side. Brush top with yolk. Stack another spice and another sugar log on top, alternating colors to form a checkerboard. Form another checkerboard with remaining logs. Refrigerate until firm. Cut into ¾-inch slices. Bake 15 minutes. Makes 6 dozen, 135 calories each.

Fruitcake bars (pictured): Reduce brown sugar to ½ cup. Increase egg to 2 eggs and beat into butter-sugar mixture with ¼ cup each *unsulfured molasses*, *brandy* and *milk*. Fold 2 cups *chopped candied fruit* and 2 cups *chopped walnuts* into batter. Do not refrigerate. Spread evenly into a greased 15½x10½-inch jelly-roll pan. Bake 20 min-

utes. Cool. Cut into 1½-inch squares. Makes 5½ dozen, 95 calories each.

Coconut spice snowballs (pictured): Prepare dough as directed but do not refrigerate. With lightly floured hands roll dough into 1-inch balls. Bake 15 to 20 minutes; Frost with White Decorative Icing (see page 182) and dip in 2 cups *shredded coconut*. Makes 5½ dozen, 70 calories each.

Fresh ginger (pictured): Omit cinnamon and cloves. Add 2 *teaspoons minced fresh ginger* to butter-sugar mixture. Divide dough into half and shape each half into a 10x1½-inch log. Wrap in wax paper or plastic wrap to form into oblongs. Refrigerate overnight. Cut logs into ¼-inch slices. Bake 12 to 15 minutes. Roll edge of cookies in *beaten egg white*, then in *colored sugar*. Decorate as pictured. Makes 6 dozen, 40 calories each.

Gingerman (pictured): Reduce brown sugar to ½ cup. Omit egg. Melt butter with brown sugar and ¼ cup *unsulfured molasses*; in dry ingredients. Divide dough in half. While dough is still warm, roll each half ¼ inch thick between 2 sheets wax paper. Refrigerate at least 1 hour. Cut with a 4-inch gingerman cookie cutter. Bake 12 minutes. Reroll scraps; refrigerate and repeat. Melt 4 ounces *semisweet chocolate* and drizzle



Without Diamond® Walnuts, it's only half-baked.



as pictured. Makes 2 dozen, 115 calories each.

Mincemeat drops (pictured): Add $\frac{1}{3}$ cup pre-cooked mincemeat and $\frac{1}{3}$ cup sour cream to butter-sugar mixture. Do not refrigerate. Drop by teaspoonfuls $1\frac{1}{2}$ inches apart on cookie sheets.

While cookies are cooling, in small bowl combine $\frac{1}{2}$ cup confectioners' sugar with $1\frac{1}{2}$ teaspoons milk and $\frac{1}{2}$ teaspoon dark rum. Dip cookies. Decorate as pictured. Makes 2 dozen, 70 calories each.

Orange spice: Reduce ginger to $\frac{1}{2}$ teaspoon. Add cloves. Add $\frac{1}{2}$ teaspoon grated orange peel to butter-sugar mixture. Stir $\frac{3}{4}$ cup chopped almonds into dough. Shape into a $1\frac{1}{2}$ -inch log. Wrap and refrigerate overnight. Cut log into $\frac{1}{4}$ -inch slices. Makes 5 dozen, 55 calories each.

Nut bars: Reduce brown sugar to $\frac{1}{2}$ cup. Beat egg to 2 eggs and beat into butter-sugar mixture with $\frac{1}{2}$ cup milk and $\frac{1}{4}$ cup vanilla. Fold 2 cups each chopped dates and chopped pecans into batter. Do not refrigerate. Spread evenly into a greased $10\frac{1}{2}$ -inch jelly-roll pan. Bake 20 minutes. Cool. Meanwhile, in small bowl combine 3 cups confectioners' sugar, 3 tablespoons orange juice and 1 teaspoon grated

orange peel; spread evenly over top. Cool on wire rack. Cut into $1\frac{1}{2}$ -inch squares. Makes 5 dozen, 115 calories each.

Santa spice: Use a floured $3\frac{1}{2}$ x2-inch Santa Claus cookie cutter. While cookies are cooling, in small bowl combine $1\frac{1}{2}$ cups confectioners' sugar, 1 egg, $\frac{1}{8}$ teaspoon cinnamon and pinch nutmeg. Spread on cooled cookies. Decorate with candies. Makes 4 dozen, 75 calories each.

EASY SHORTBREAD COOKIES

Prep time: 30 minutes; baking time: 15 minutes

2 cups all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup butter, softened
 $\frac{3}{4}$ cup confectioners' sugar
1 teaspoon vanilla extract

Preheat oven to 350°F. In bowl combine flour and salt. In mixer bowl beat butter, sugar and vanilla until light and fluffy. Stir in dry ingredients just until mixed. Knead dough lightly on smooth surface. Divide dough in half. Wrap and refrigerate one dough half. Roll other half $\frac{1}{4}$ inch thick between 2 sheets wax paper. Cut with a floured 2-inch cookie cutter into desired shapes. Place 1 inch apart on an ungreased

cookie sheet. If dough gets too soft, refrigerate before baking. Bake 12 to 15 minutes, until very lightly golden. Cool completely on wire racks. Repeat with remaining dough and scraps. Decorate as desired. Makes 2½ dozen, 85 calories each.

Prepare Easy Shortbread Cookies recipe as directed with variations below.

Cornmeal (pictured): Reduce flour to $\frac{1}{2}$ cups. Add $\frac{1}{2}$ cup cornmeal to dry ingredients. Add $\frac{1}{2}$ teaspoon grated lemon peel to butter-sugar mixture. Do not knead dough. Pat into ≈ 13 x9-inch baking pan. With a small, sharp knife cut dough into twenty-four $2\frac{1}{4}$ -inch squares. Pierce each square twice with a fork. Bake 25 minutes or until golden. Cool 10 minutes. Recut squares, then cut each square into 2 triangles. Melt 3 ounces semisweet chocolate and dip 1 point of each triangle in chocolate. Makes 4 dozen, 50 calories each.

Coconut pecan bars (pictured): Substitute $\frac{1}{2}$ cup firmly packed brown sugar for confectioners' sugar. Add 1 egg yolk to butter-sugar mixture. Do not knead dough. Spread evenly in a $15\frac{1}{2}$ x $10\frac{1}{2}$ -inch jelly-roll pan. Bake 20 minutes or until golden. Cool on rack 5 minutes.

Meanwhile, in (continued on page 204)



Add crunchy, nutty
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you've got plenty for
the holidays.

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Choco Peanut Butter Dreams

1½ cups packed brown sugar • 1 cup peanut butter • ¾ cup margarine • ½ cup water • 1 egg • 1 tsp. vanilla • 3 cups Quaker Oats, uncooked • 1½ cups all-purpose flour • ½ tsp. baking soda • 1½ cups semi-sweet chocolate pieces • 4 tps. shortening • ½ cup chopped peanuts

Heat oven to 350°F. Beat sugar, peanut butter and margarine until fluffy. Blend in water, egg and vanilla; add combined dry ingredients, mixing well. Shape into 1-inch balls. Place on ungreased cookie sheet; flatten with glass dipped in sugar. Bake 8-10 minutes or until golden brown. Cool completely.

In saucepan over low heat, melt chocolate and shortening, stirring constantly until smooth.* Top each cookie with ½ tsp. chocolate; sprinkle with nuts. Chill until set.

ABOUT 6 DOZEN

*Note: Place chocolate and shortening in glass container; microwave at **HIGH** 1 to 2 minutes, stirring after 1 minute and then every 30 seconds until smooth.

Holiday Almond Crescents

1 cup margarine • ½ tsp. almond extract • ¾ cup sifted powdered sugar • 2 cups all-purpose flour • ½ tsp. salt (optional) • 1 cup Quaker Oats, uncooked • ½ cup finely chopped almonds • Powdered sugar

Heat oven to 325°F. Beat margarine and almond extract until fluffy; gradually beat in sugar. Add combined flour and salt; mix well. Stir in oats and almonds. Shape to form crescents. Place on ungreased cookie sheet. Bake 15-18 minutes or until light golden brown. Sift powdered sugar over warm crescents.

ABOUT 4 DOZEN

Yuletide Toffee Squares

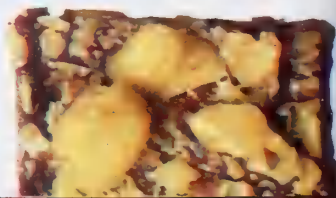
4½ cups Quaker Oats, uncooked • 1 cup packed brown sugar • ¾ cup margarine melted • ½ cup dark corn syrup • 1 tbs. vanilla • ½ tsp. salt (optional) • One 12-oz. pkg. semi-sweet chocolate pieces • 2 tbs. shortening • ¾ cup chopped nuts

Heat oven to 450°F. Grease 15x10-inch pan. Combine oats, sugar, margarine, corn syrup, vanilla and salt; mix well. Firmly press mixture into pan. Bake 12 minutes, or until mixture is brown and bubbly. Cool completely.

In saucepan over low heat, melt chocolate and shortening, stirring constantly until smooth. Spread evenly over oat base; sprinkle with nuts. Chill until set; cut into bars.

60 BARS

*Note: Place chocolate and shortening in glass container; microwave at **HIGH** 1 to 2 minutes, stirring after 1 minute and then every 30 seconds until smooth.

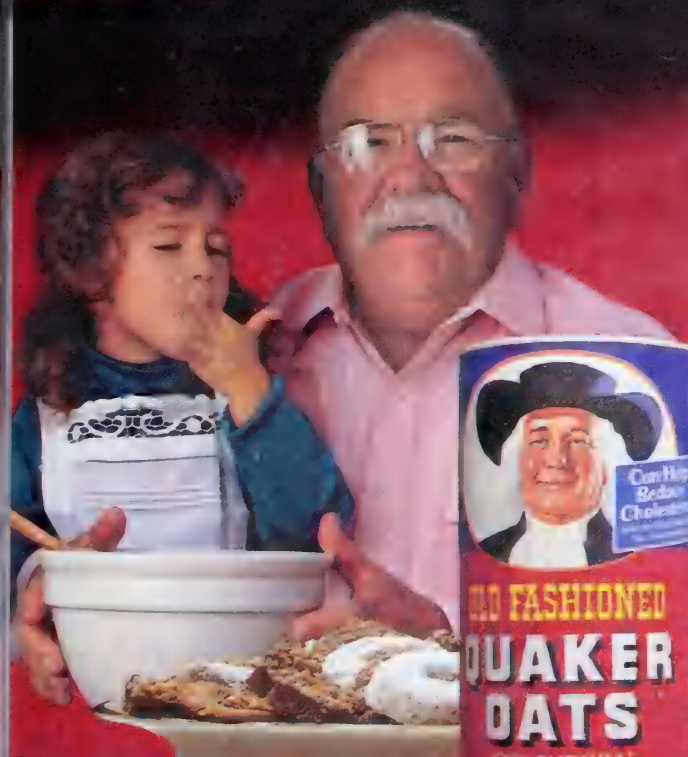


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LHJ

HOLIDAY COOKIE COOKBOOK

continued from page 201

mixer bowl combine $1\frac{1}{4}$ cups firmly packed brown sugar, 3 eggs and 1 teaspoon vanilla extract. Beat until light and fluffy. Add 3 tablespoons flour and $\frac{1}{4}$ teaspoon salt. Stir in $1\frac{1}{2}$ cups chopped pecans and $\frac{3}{4}$ cup shredded coconut. Spread evenly over baked crust. Bake 20 to 25 minutes more. Cool on wire rack. Cut into $2\frac{1}{2}\times 1$ -inch bars. Decorate as pictured. Makes 5 dozen, 90 calories each.

Brownie bars (pictured): Do not knead dough. Spread evenly in a $15\frac{1}{2}\times 10\frac{1}{2}$ -inch jelly-roll pan. Bake 20 minutes, until golden. Cool on wire rack 5 minutes.

Meanwhile, in small saucepan melt 1 cup butter with 5 squares (1 oz. each) unsweetened chocolate over low heat. In mixer bowl beat 3 eggs, 2 cups sugar and $\frac{1}{4}$ teaspoon salt until light and fluffy. Beat in chocolate mixture and 1 teaspoon vanilla extract. Stir in 1 cup all-purpose flour. Fold in 2 cups chopped walnuts; pour over shortbread crust. Bake 25 minutes. Cool in pan on wire rack. Melt 4 ounces semisweet chocolate and spread over top. Cut into 2×1 -inch bars. Decorate as pictured. Makes 6 dozen, 130 calories each.

Orange poppy-seed stars (pictured): Add 1 tablespoon poppy seed and 1 tablespoon grated orange peel to butter-sugar mixture. Use $\blacksquare$ $3\frac{1}{4}$ -inch star cookie cutter. Decorate as pictured. Makes $2\frac{1}{2}$ dozen, 85 calories each.

Oat triangles (pictured): Reduce flour to 1 cup. Add $\frac{3}{4}$ cup oat bran to dry ingredients. Do not knead dough. Spread into a 10×8 -inch rectangle on an ungreased cookie sheet. Pierce with a fork at $\frac{1}{2}$ -inch intervals. Bake 25 to 30 minutes, until light golden brown. Cool 5 minutes. Trim edges; cut into 2-inch squares, then into 2 triangles. Makes $1\frac{1}{2}$ dozen, 125 calories each.

Cinnamon walnut diamonds: Reduce flour to $1\frac{1}{4}$ cups. Add $\frac{3}{4}$ cup chopped walnuts and $\frac{3}{4}$ teaspoon cinnamon to dry ingredients. Increase butter to 1 cup. Use a 2-inch diamond cookie cutter. Transfer to cookie sheets and brush with lightly beaten egg white. In small bowl combine $\frac{1}{2}$ cup chopped walnuts, 2 tablespoons sugar and $\frac{1}{2}$ teaspoon cinnamon. Sprinkle over cookies and bake. Makes 3 dozen, 105 calories each.

Whole wheat bars: Reduce flour to 1 cup. Add $\frac{3}{4}$ cup whole wheat flour and $\frac{1}{4}$ cup toasted wheat germ to dry ingredients. Do not knead dough. Spread into a 10×8 -inch rectangle on an ungreased cookie sheet. Pierce with a fork at $\frac{1}{2}$ -inch intervals. Bake 25 to 30 minutes. Cool 5 minutes. Trim edges; cut into $2\frac{1}{2}\times 1$ -inch bars. Makes $2\frac{1}{2}$ dozen, 80 calories each.

Blondie bars: Do not knead dough. Spread dough evenly in a $15\frac{1}{2}\times 10\frac{1}{2}$ -inch jelly-roll

pan. Bake 20 minutes or until golden. Cool on wire rack 5 minutes. Meanwhile, in bowl combine $1\frac{1}{2}$ cups all-purpose flour, $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. In mixer bowl beat $\frac{3}{4}$ cup softened butter, $\frac{3}{4}$ cup each granulated sugar and firmly packed brown sugar, and $\frac{1}{4}$ teaspoon almond extract until light and fluffy. Beat in 3 eggs one at a time, blending after each addition. Beat in dry ingredients until just combined. Stir in 1 cup semisweet chocolate chips and 1 cup toasted chopped almonds. Spread over shortbread crust. Bake 30 to 35 minutes. Cut into 2×1 -inch bars. Makes 6 dozen, 100 calories each.

Butterscotch: Substitute $\frac{3}{4}$ cup firmly packed dark brown sugar for confectioners' sugar. Roll dough $\frac{1}{8}$ inch thick. Use a floured $2\frac{1}{2}$ -inch cookie cutter. Bake 10 to 12 minutes. While warm, sprinkle lightly with 2 tablespoons granulated sugar. Makes $3\frac{1}{2}$ dozen, 70 calories each.

EASY PRESSED COOKIES

Prep time: 15 minutes; baking time: 12 minutes

2 cups all-purpose flour
 $\frac{1}{4}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 1 cup butter, softened
 $\frac{3}{4}$ cup granulated sugar
 1 large egg
 1 teaspoon vanilla extract

Preheat oven to 350°F . In bowl combine flour, baking powder and salt. In mixer bowl beat butter and sugar until light and fluffy. Beat in egg and vanilla. Stir in dry ingredients until just combined.

Insert desired disk into cookie press. Spoon one third of the dough into press. Pipe dough onto 2 ungreased cookies sheets. Bake 10 to 12 minutes. Cool. Repeat with remaining dough. Makes 5 dozen, 50 calories each.

Prepare Make and Bake Cookies recipe as directed with variations below.

Almond squares (pictured): Preheat oven to 300°F . Substitute 1 teaspoon almond extract for vanilla extract. Spread dough evenly in a $15\frac{1}{2}\times 10\frac{1}{2}$ -inch jelly-roll pan. Beat 1 egg white and 1 tablespoon sugar; brush over dough. Top with 1 cup sliced almonds. Press lightly into dough. Bake 45 to 50 minutes. Cool 15 minutes. Cut into $1\frac{1}{2}$ -inch squares. Makes $5\frac{1}{2}$ dozen, 55 calories each.

Chocolate sandwiches (pictured): Add $\frac{1}{4}$ cup unsweetened cocoa to dry ingredients. Frost flat sides of half the cooled cookies with White Decorative Icing (see page 182) and sandwich with remaining cookies. Melt 3 ounces semisweet chocolate and dip end of each cookie in chocolate. Makes 2 dozen, 165 calories each.

Pistachio buttons (pictured): Reduce flour to $1\frac{1}{4}$ cups. Beat $\frac{1}{2}$ teaspoon almond extract

and $\frac{1}{2}$ cup chopped pistachios into dough. With lightly floured hands roll dough into 1-inch balls; flatten slightly. Bake 15 to 20 minutes. In small bowl combine 1 cup confectioners' sugar, 2 tablespoons milk, $\frac{1}{4}$ cup spoon grated lemon peel and pinch salt. Frost tops of cooled cookies and sprinkle with $\frac{1}{3}$ cup chopped pistachios. Makes 4 dozen, 75 calories each.

Honey (pictured): Decrease sugar to $\frac{1}{2}$ cup. Add $\frac{1}{4}$ cup honey to butter-sugar mixture. Drop by teaspoonfuls $1\frac{1}{2}$ inches apart on cookie sheets. Bake 12 minutes. In bowl combine 1 cup sifted confectioners' sugar, 2 tablespoons softened butter, 1 tablespoon milk and $\frac{1}{4}$ teaspoon grated orange peel. Spread on cooled cookies. Decorate as pictured. Makes 4 dozen, 80 calories each.

Peppermint poinsettias (pictured): If desired, add red food coloring to dough. Insert flower disk into cookie press. Pipe centers of cookies as directed. Pipe centers of cookies with White Decorative Icing (see page 182) and sprinkle lightly with crushed peppermint candies (about 1 tablespoonful). Makes 5 dozen, 60 calories each.

Chocolate chocolate chip: Reduce flour to 2 cups. Add $\frac{1}{4}$ cup unsweetened cocoa to dry ingredients. Increase egg to 2 eggs. Stir in $\frac{1}{2}$ cup chopped walnuts and 1 cup chocolate chips into finished dough. Drop by teaspoonfuls $1\frac{1}{2}$ inches apart onto cookie sheets. Bake 12 to 15 minutes. Dip one end of each cookie into 4 ounces melted white chocolate. Makes 5 dozen, 90 calories each.

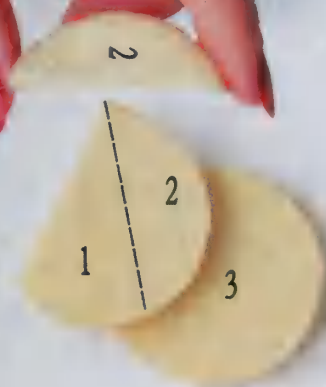
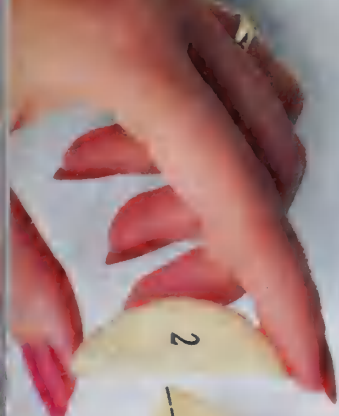
Marmalade thumbprints: Beat in $\frac{1}{4}$ cup orange marmalade with egg. Stir 1 cup chopped pecans into dough. With lightly floured hands roll dough into 1-inch balls. With thumb or the handle of a wooden spoon make an indentation in center of each cookie and fill with a generous $\frac{1}{2}$ teaspoon orange marmalade. Bake 15 to 17 minutes. Makes 4 dozen, 95 calories each.

Coffee cinnamon: Add 1 teaspoon cinnamon to dry ingredients. Stir 2 teaspoons instant coffee dissolved in 2 teaspoons boiling water into butter-sugar mixture. Pipe cookies as directed. Place a walnut piece in center of each cookie. Bake 10 to 12 minutes. Cool. In small bowl combine 2 tablespoons confectioners' sugar and $\frac{1}{4}$ teaspoon cinnamon. Sprinkle lightly over cooled cookies. Makes 5 dozen, 55 calories each.

Lemon mincemeat balls: Increase flour to 2 cups. Stir 1 cup prepared mincemeat and 1 teaspoon grated lemon peel into dough. Roll level tablespoonfuls dough into balls. Place $1\frac{1}{2}$ inches apart on greased cookie sheet. Bake 12 to 15 minutes. Cool on wire rack. While still slightly warm, toss cookies in $\frac{1}{2}$ cup sifted confectioners' sugar. Makes 4 dozen, 90 calories each.

Recipes developed by Carol Prager, Kathleen Jackette, Lisa Brainerd and Helen Jones.

EASY COME



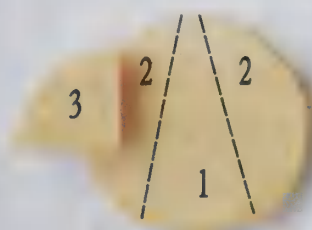
1. Start with 2 slices 1/4-inch thick.



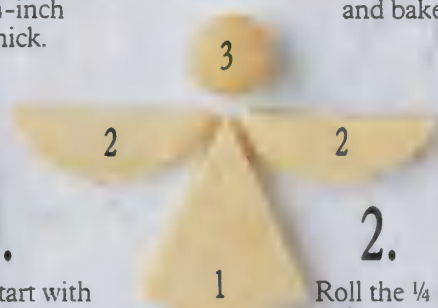
2. Follow the picture and bake.



3. Decorate.



1. Start with 1 1/4 slices, 1/4-inch thick.



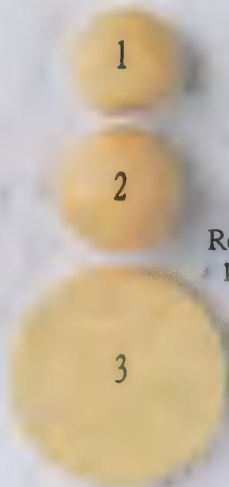
2. Roll the 1/4 slice into a ball for the head, follow the picture and bake.



3. Have fun.



1. Start with 2 slices, 1/4-inch thick.



2. Roll the pieces into balls, follow the picture and bake.

EASY GO



Mmm Ahh Ohh
Poppin' Fresh BRAND dough



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INSIDE THE JOURNAL KITCHEN

getting the
most from
this month's
recipes



For 105 years, *Ladies' Home Journal* has been dedicated to providing first-rate recipes as well as up-to-the-minute information on food trends that reflect our changing lifestyles. To ensure that our recipes meet the highest standards for flavor, nutrition, appearance and reliability, we test them a minimum of three times in our own kitchen. That makes for quality you can count on.

PERFECT PERSIMMONS

Day-glo orange in color and about the size of small peaches, persimmons look as pretty as Christmas ornaments. They ripen after other tree fruits have peaked, which makes them perfect for holiday cooking (try our Persimmon Cake, page 48).

Unlike other fruit, persimmons must be ripened until the pulp is as soft as jelly or it will deliver a memorably mouth-puckering experience. To ripen, enclose in a paper bag with an apple at room temperature and wait three to ten days. For eating or cooking, slice off the tops and scoop out the pulp with a spoon.

Once persimmons are in season, don't let them disappear from stores without ripening extras. Scoop the pulp into one-cup containers and freeze up to three months.

know your MICROWAVE

Our microwave recipes were tested in 650- and 700-watt ovens. For the best microwave results, it helps to know the wattage of your oven. If the manufacturer's use and care manual doesn't tell you, determine the wattage yourself by bringing 1 cup of tap water to a boil in a 1-cup glass measuring cup. It will take 2½ to 3 minutes in a 600- to 700-watt oven, 4 minutes in a 500- to 600-watt oven. Since your oven may take more or less time to cook than ours do, always check food after the minimum time stated in the recipe and adjust as necessary for desired results.

you asked for it

We've created a brand-new service for you: Do you have a favorite restaurant dish for which you'd like the recipe? Drop us a line. If we can find it, we'll print it in the magazine. Write Recipe Search, *Ladies' Home Journal*, 100 Park Avenue, New York, NY 10017.

have an olive

■ Love olives? The California Olive Industry is offering two free booklets

filled with terrific recipes plus handy olive hints. Write the California Olive Industry, P.O. Box 4098, Dept. LHJ, Fresno, CA 93744.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. (*Includes microwave instructions)

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CHICKEN PARMESAN

4 half chicken breasts, skinned and boned
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2 Tbsp. cornstarch

½ tsp. oregano or basil, crushed

¼ tsp. hot pepper sauce (optional)

¼ cup grated Parmesan Cheese

Place chicken in baking dish. Bake covered 15 min. in pre-heated 425° F oven; drain. Combine tomatoes, cornstarch, oregano and pepper sauce; cook, stirring constantly until sauce is thickened. Pour heated sauce over chicken; top with cheese. Bake 5 min., uncovered. Garnish with parsley. 4 servings.

Free Recipe Book: Write to Del Monte
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What was the most difficult?

I will admit that last Christmas was not the happiest for me. I was mourning the recent loss of my mother and still recovering from breast-cancer surgery. Although friends, family and thousands of well-wishers made a welcome effort to comfort me, I must say that I was happy to see the last of 1987.

Will there be anything different about your last Christmas in the White House?

There will be some nostalgia around here as we reflect upon many happy times gone by. After all, we have enjoyed eight of the most memorable and fulfilling years of our lives in Washington, D.C. It will be a little sad as we celebrate Christmas for the last time with members of the staff, the Secret Service and our military aides as we have every year. But it's time for us to step into the wings and for a new family to take center stage. We are looking forward to our new life in California. We are going home.

What is your Christmas Day like?

We open presents on Christmas morning after everyone is up and has eaten breakfast. Gone are the days when our children would wake us at five in the morning to see what Santa brought them. Christmas is one morning when we may sleep, and so do our grown children now—except for Michael and his wife, Colleen, whose children now wake them up at five to open presents.

We share Christmas visits with our children and their in-laws—one year with us, the next with them—or we rotate Thanksgiving and Christmas. We have Christmas dinner in the evening here at the White House and always invite our long-time friends Charlie and Mary Jane Wick and their five children and their spouses. We spend Christmas Eve at the home of the Wicks and have for many years.

We have not attended church as regularly as we used to before Ronnie became President, and it's something we miss a great deal. We know that security is necessary everywhere we go, and many people work very diligently to safeguard the President at all times. My husband just couldn't be at peace in church when, because of him, so many people were being so inconvenienced every week—the minister and the congregation, who needed to enter the sanctuary through metal detectors, and the men and women responsible for presidential security, who deserve a

peaceful Sunday morning themselves.

At our Christmas table, Ronnie will say grace with words so moving that there can be no mistake that God is in his heart. We are delighted, by the way, to be putting in a chapel at Camp David. We won't have the chance to worship there often, but future presidents will.

What's the most treasured gift you've ever received from your husband?

When I was a little girl and used to dream about growing up and getting married, I developed a notion that has stuck in my head throughout the years. I thought that when someone proposed to you, he took you out in a canoe and you would trail your hand in the water while he played a ukulele. I know this dates me, but that's what I thought. For

It's time for us to step aside, for a new family to take center stage."

my twenty-fifth anniversary, Ronnie gave me a canoe named the *Truluv* for the pond at the ranch in Santa Barbara. We went out in the canoe, and even though he didn't have a ukulele, I said it would be all right if he hummed! I was very touched.

How do you see next Christmas?

Of course we will miss Christmas at the White House. I don't think I can imagine a more beautiful or festive setting for the holidays. However, we will be closer to family and friends in California, our home, and we will once again be private people. I'm sure you are familiar with the saying "You don't know what you've got till it's gone." Well, we didn't know how much we valued our privacy until we moved into the White House. It was the price we paid for these last eight wonderful years. But eight really is enough, and we do look forward to a more peaceful Christmas next year.

What are you most looking forward to as private citizens?

I shall enjoy riding at the ranch once

again, knowing that there are no television cameras perched on the mountain-side photographing our every move. I especially shall not miss those long-distance TV lenses. Everyone, no matter who, deserves a break sometime.

Have you made any New Year's resolutions for your new life?

Yes. I resolve never to give up my fight against drug and alcohol abuse. In the future I may not enjoy the platform from which I have fought this battle in the past, but I will undoubtedly have the same determination.

What do you think has been your husband's greatest accomplishment?

I think my husband has accomplished a great many good things. Our economy is strong and growing. He's brought interest rates down, and now more Americans can afford their own homes. Inflation is not the threat it used to be. Unemployment is the lowest in over a decade, and that's good news for everyone. We are at peace in the world and now enjoy the best relationship with the Soviet Union since World War II. These are tremendous achievements. Ronald Reagan has restored pride in America, and I am very proud to be Mrs. Ronald Reagan.

What is your greatest achievement?

That will be for others to judge. I hope I have achieved something by championing the cause of ending drug abuse, but the results of any program are difficult to measure. Only the future will tell. I have always said that if I could save just one life, then it all would be worth it. I remember the first letter I received from a young person who thanked me for helping save her life. It moved me and satisfied me beyond words. I had made a difference in that young girl's life, and of that I am proud.

In your last days in the White House, what would you like to say to the American people?

I'd like to thank all of our supporters for the many years of kindness, understanding and help you've given us. Some days can get pretty lonely in that big old house, and there were some bad days when things were difficult for me. But all of those times—when Ronnie was shot, when my father died, my breast cancer and Mother's passing—were made lighter by the outpouring of love and concern I received from all across the country. The cards, letters and telegrams helped so much and meant so much. From the very bottom of my heart, thank you all.

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the sharing, the beautiful decorations, the delicious food, the closeness of old friends and new ones, and the caring of my father, who brought them together. So this was my Christmas as a child.

My husband also comes from a serious Christmas tradition. John's parents are Italian, and Christmas to them was as important as Christmas was to us. We are talking big time here. Holiday baking, and decorations and trees, and special Christmas wines, and traditions about how to fill the stocking and with what. It has always been a huge joy to me to be married to someone who takes Christmas as seriously as I do.

So when I begin mumbling in September about how ratty the Christmas stockings look this year . . . and *where* are the Christmas lights, he doesn't even laugh at me. He expects it. And he isn't even surprised when I begin wrapping in November. I do all this, I might add, with the delusion that if I do it all early enough, absolutely *everything* will be done weeks before, and I will sail into Christmas like a lady. Wrong. It never happens that way. The children give me their real lists on December 21. My husband suddenly remembers everyone he works with on December 22. The Christmas lights or some equally important object disappears every year, and so, of course, I wind up in line with everyone else at the dime store for two hours on Christmas Eve. But the truth is, I enjoy it. And so does John. And so do the children.

I bake with the children every year. We bake brownies for teachers and friends and the people they love (I think they should make things, and if I do say so myself, our brownies are terrific!).

The children help decorate the house but never to the extent that one would expect, and John ends up doing most of it himself, the lights inside and out, Christmas cards everywhere, and grumbling about it, every year. I do the same thing about wrapping. No one wants to help. They all want me to do it (and I am *the worst* wrapper ever!), and then they mess up my paper and my colors. Being compulsively organized, I have everyone in the family color-coded, and no gift of the wrong color is to go to anyone, or I have a nervous fit. Inevitably, the children switch it all around, mix it all up and they still get their presents. But with nine children, color-coding seems very important—to me, at least, if to no one else.

And there are the trees . . . we buy them about two weeks before Christmas. A serious family-looking one for our main family area, and then all the children pick their own for their rooms

(and some of them are pretty funny-looking), and they decorate them with ornaments they make themselves. (I still have a plastic pinwheel I had at age two. It's no beauty but I love it. Tradition.) And then there is the Biggie. We order it in January every year for the following year, and it is amazing. A thirty-foot tree, which towers up the full height of our house in the center of the main staircase. Just as I remember my father's Christmas parties, our children will remember this tree. As they say, it is awesome. Towering, impressive, majestic. It really is something.

So that is the setting. Those are the rituals, the traditions. The prelude. On Christmas Eve, after we come home from church with the children, we read Christmas stories, and then, before the children go to sleep, we set out all sorts of snacks for Santa, and salt and carrots for the reindeer. And "the stockings are

The Christmas lights disappear, and of course I end up at the dime store in line with everyone else on Christmas eve.

hung by the chimney with care" . . . and off to bed!

It is then that the elves really get to work. John and I and the older children start dragging out the boxes we've been hiding in assorted places, and we fill the stockings. Somehow, with a family the size of ours, it all seems to take hours! There are gifts for our relatives and for our close friends, too, and the people who work for us.

And finally, finally, we're ready. Another Christmas has come, and you lie there exhausted, wondering if that special sweater will fit or if he *really* wanted the new set of tools that almost ripped your arm off just carrying it up the stairs. But it's done and it feels good and the little people are sound asleep, with a gift or two by their bedsides to keep them from coming downstairs at four in the morning.

And then we swear we'll simplify it all next year . . . we won't buy as many gifts, have as many trees or bother decorating the house . . . we finally

fall asleep for a brief nap before morning. And then it comes, the first shriek with first light . . . six . . . six-thirty . . . maybe almost seven . . . the clatter of feet over our heads, the excitement voices, the squeals of delight as the glimpse evidence that Santa has been there, and we race to the stairs to greet them. The children come running down and the noise is deafening; the laughter, the excitement, and John and I sit back and watch as they rediscover the magic of Christmas . . . the silly little things in their stockings that they so love, the treasures they so desperately wanted that *no one* could have known, but someone did, the letters from Santa Claus that each one gets every year, penne long after midnight, between yawns. And the pleasure of the older ones, not just to be spoiled a bit, but to be loved and remembered and have their secret wishes discovered, too. And John, even the Santa Claus in my life, inevitably ferrets out the one thing I truly love and was dying for, and ten others . . . wonderful miniature chair . . . a leather-bound volume of all the poems I've ever written for him. He is the ultimate Santa Claus. And there are more squeals and kisses and hugs. Everyone uncombed and unkempt in nighties and bare feet and John in a dashing Santa hat or red scarf or wearing a sweater the children bought him, and the camera flashes as we record the moment for later years. And finally, exhausted, spent, happy, grateful, touched, content, we put breakfast together for our enormous tribe, and the usual chaos reigns. Lots of noise and talking and laughing and fewer arguments than usual on this special day.

There is a kind of benevolence that comes from knowing that it is more than just a feast organized by a bunch of stores. It's a special time to share, a time of giving and loving and caring and reminding people of how much you love them . . . with something special you made, with a wonderful picture or a clasp pot. It's the giving-ness that is so wonderful. It's the love.

For the rest of the day, we lounge around playing with our toys, hanging out together; sometimes the older children come and go or their friends come and go. But mostly we stay home and enjoy each other. It's the time when I am most grateful for the riches of my life: not the obvious ones or the wonderful gifts I've gotten from John and the children but that they are my life. I cherish the fact that the Christmases I spent long ago, as an only child, among family and friends, have grown into this, my life as a woman, with nine children and a husband I love, a life that is so rich . . . because of them. They are the most precious gift of all. And they are what is best about Christmas morning. ■

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- 1A. Title of Publication: LADIES' HOME JOURNAL
- 1B. Publication number: 00237124
2. Date of filing: September 16, 1988
3. Frequency of issue: Monthly
- 3A. No. of issues published annually: 12
- 3B. Annual subscription price: \$19.95
4. Location of known office of publication: 100 Park Avenue, New York, NY 10017
5. Location of headquarters of general business office of the publisher: 1716 Locust Street, Des Moines, IA 50336
6. Names and addresses of publisher, editor and managing editor: Publisher, Robert D. Thomas, 100 Park Avenue, New York, NY 10017; Editor, Myrna Blyth, 100 Park Avenue, New York, NY 10017; Managing Editor, Mary Mohler, 100 Park Avenue, New York, NY 10017
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(C) Total paid circulation	5,049,625
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(E) Total distribution (sum of C & D)	5,243,602
(F) Copies not distributed	
1. Office use, leftover, unaccounted, spoiled after printing	14,717
2. Returns from news agents	742,957
(G) Total (sum of E, F1 and 2—should equal net press run shown in A)	6,001,276

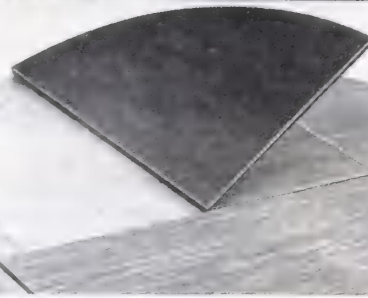
Actual number of copies of single issue published nearest to filing date:

(A) Total number of copies printed (net press run)	5,991,300
(B) Paid circulation	
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2. Mail subscriptions	4,126,038
(C) Total paid circulation	5,076,038
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LAST LAUGHS

FOR BETTER OR FOR WORSE

By Lynn Johnston



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CLAUS AND EFFECT

When I don my Santa suit
Each year on Christmas Eve,
My children gather 'round me
To listen, and believe.

They speak of their devotion,
They tug upon my beard—
And no one seems to care a whit
That Daddy disappeared!

—Charles Ghigna

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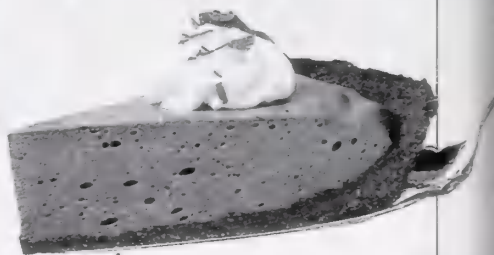
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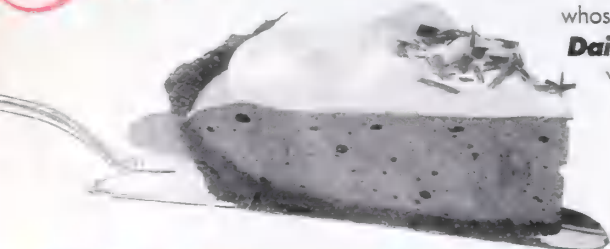
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